



Electric Boat Management Association (EBMA)

Imposter Syndrome

Facilitated by Meredith Kyle

Have you ever felt like you are as smart as other individuals in the room? Do you feel like you are pretending that you are knowledgeable about a subject and you feel like you are nowhere close to being the SME? Do you tend to have a lot of self-doubt while in team meetings? A lot of people in different stages in their careers are subject to feelings of inadequacy and self-doubt, known as imposter syndrome.

After attending this workshop, you will be able to:

- Define imposter syndrome and its effects
- Understand and define a growth mindset and how you can cultivate it within yourself
- Identify the presence of imposter syndrome in yourself
- Develop a toolbox of techniques for coping and combating imposter syndrome in order to feel more successful in work and life
- How cultivating a growth mindset can help you overcome imposter syndrome

Facilitator Information:



Meredith Kyle is passionate about developing future leaders and helping people reach their full potential. She has worked in Workforce Development at General Dynamics Electric Boat for the last five years, focusing on leadership development programs, learning strategy and mentorship. Prior to her life at EB, she worked in the hospitality industry and served as an adjunct faculty member in North Carolina, Vermont and Massachusetts. She received her master's degree in organizational leadership from Gonzaga University and her Bachelor of Science in hotel administration from Cornell University. In her spare time, she can be found coaching your sports, promoting EB to our community and organizing local events.

If you are interested in signing up for this workshop or have any questions, please reach out to EBMA Management Development Director, [Lexi Byrd](#).