

Imposter syndrome

Introductions

What is imposter syndrome to you?

- Being somewhere you don't belong.
- Not having the experience.
- "Fake it til you make it"

AT what percentage do you feel like you are an imposter? 0 , 25, 50, 75, 100

2 Truths and a lie (imposter syndrome edition)

Write what you are good at or not good at.

What is Imposter Syndrome?

1. Its not recognized as a mental disorder but very real and common phenomenon.
 2. Can be worsened by other mental health issues like depression and anxiety.
 3. Can be detrimental consequences for career advancement.
 4. Low level mat help you outperform other non imposter syndrome.
- Experience feeling of inadequacy and self doubt.
 - Don't feel like you don't belong.
 - Worry that you will be discovered as a fraud.
 - Self doubt "I don't know this well enough"

Imposter BINGO-

How do I know if I have Imposter Syndrome?

- Inability to asses your skills
- Never satisfied
- Being self critical
- High anxiety

What causes this?

- Parent expectations
- Job hunting
- Entering new role or org
- Remote work
- Unrealistic and unsustainable idea of what it means to be competent
- Unhealthy response to failure.

How can we make IS benefit and work for us?

- Identify reasons behind it.
- Remember your successes.
- Consider the context
- Normalize the anxiety
 - Give yourself time to start a new job
 - No one expects you to know everything immediately.

Who am i?

Write 3 things that will stick out on a resume

Write 3 things that will stick out and impress people.

Growth Mindset

- Exploring your feelings
- Be curious
- Go outside your comfort zone
- Demonstrate resilience
- You are always growing and don't need to know everything.

Share your feelings

- Understand how common it is
- Create a network/support bubble
- Get opinions from people your trust, your self-assessment and other's assessment of you may be different.
- Get a mentor.

Focus on your values

- Try to achieve something that is not who you are
- Don't compare yourself to others
- Define what success means to you

How to defeat negative thinking animation video

Reframe your thought

- Write down a negative thought.
- Write down why you feel that way
- Write down the consequences of your thought
- Convert your thought into an optimistic one.

Mentoring

- Get a mentor
- Be a mentor
- Teach someone something