

IMPOSTOR SYNDROME

What it is, and how to fight it

What the heck is Impostor Syndrome?

"...a psychological phenomenon in which people are unable to internalize their accomplishments. Despite external evidence of their competence, those with the syndrome remain convinced that they are frauds and do not deserve the success they have achieved."

"Proof of success is dismissed as luck, timing, or as a result of deceiving others into thinking they are more intelligent and competent than they believe themselves to be. Notably, impostor syndrome is particularly common among high-achieving women."

"OH CRAP, I DON'T KNOW WHAT I'M
DOING, AND EVERYONE'S GOING TO
FIND OUT."

YOUR BRAIN IS NOT NICE.

YOU'RE NOT ALONE.

"The exaggerated esteem in which my lifework is held makes me very ill at ease. I feel compelled to think of myself as an involuntary swindler."

- Albert Einstein

“I have written eleven books, but each time I think, ‘Uh oh, they’re going to find out now. I’ve run a game on everybody, and they’re going to find me out.’”

- Maya Angelou

“You think, ‘Why would anyone want to see me again in a movie? And I don’t know how to act anyway, so why am I doing this?’”
- Meryl Streep

THERE'S BEEN A LOT OF
RESEARCH AROUND THIS.

DILIGENCE

FEELING OF BEING A PHONY

USE OF CHARM

AVOIDING DISPLAY OF CONFIDENCE

STUPID BRAINS.



THERE ARE WAYS TO PREVENT
THIS!

TALK ABOUT IT!

WATCH YOUR LANGUAGE

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- "Just" and "Only"
- "I think" and "I don't know if"
- "I'm not a REAL _____"
 - "Used to"
 - "Should"

TEACH WHAT YOU KNOW

ASK QUESTIONS

GET PERSPECTIVE

LIST YOUR ACCOMPLISHMENTS AND
OWN THEM!

PRACTICE ACCEPTING COMPLIMENTS

REMEMBER THAT YOU ARE AWESOME.

THANKS!

THANKS!

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