A decorative graphic on the left side of the slide consists of two overlapping parallelograms. The front one is blue and the back one is a light green. They are positioned diagonally, with the blue one partially covering the green one.

# Imposter Syndrome: No One Belongs Here More Than You!

Elanna Grossman - IWDC 2020

# Introduction



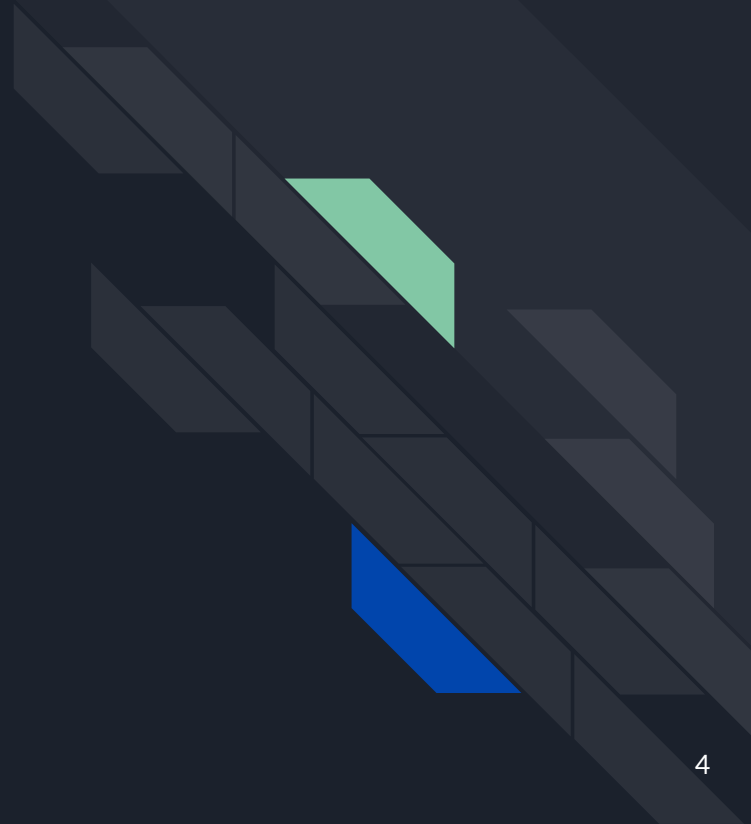
# Elanna Grossman

Email: [elanna.grossman@gmail.com](mailto:elanna.grossman@gmail.com)

GitHub: <https://github.com/karvel>



# What is Imposter Syndrome?



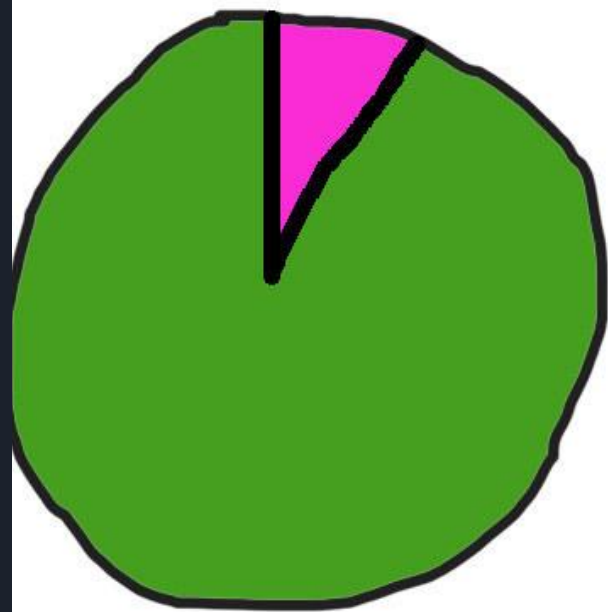


# Imposter Syndrome

Imposter Syndrome is a feeling you don't belong at your work or peer group, that you are an "imposter" or "fraud". Imposter Syndrome happens despite evidence of awesomeness. This makes it hard to internalize wins. Imposter Syndrome causes persistent worry of being "found out" (fired, belittled, etc).



# ALL COMPLIMENTS YOU RECEIVE:

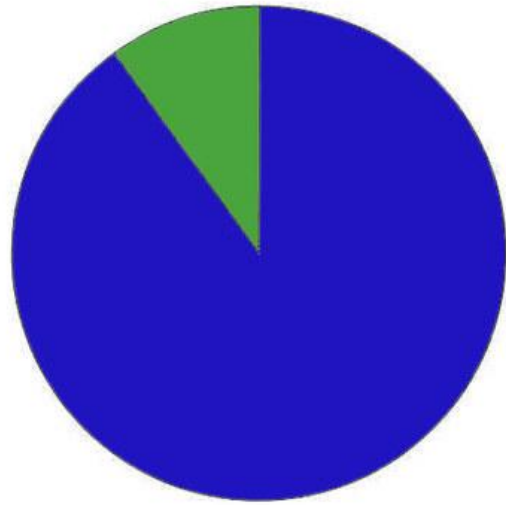


FROM SOMEONE  
WHO IS LYING



FROM NICE RELATIVES  
WHO DON'T KNOW WHAT  
THE HELL THEY'RE  
TALKING ABOUT

# THOUGHTS YOU HAVE ON THE FIRST DAY OF A NEW JOB:

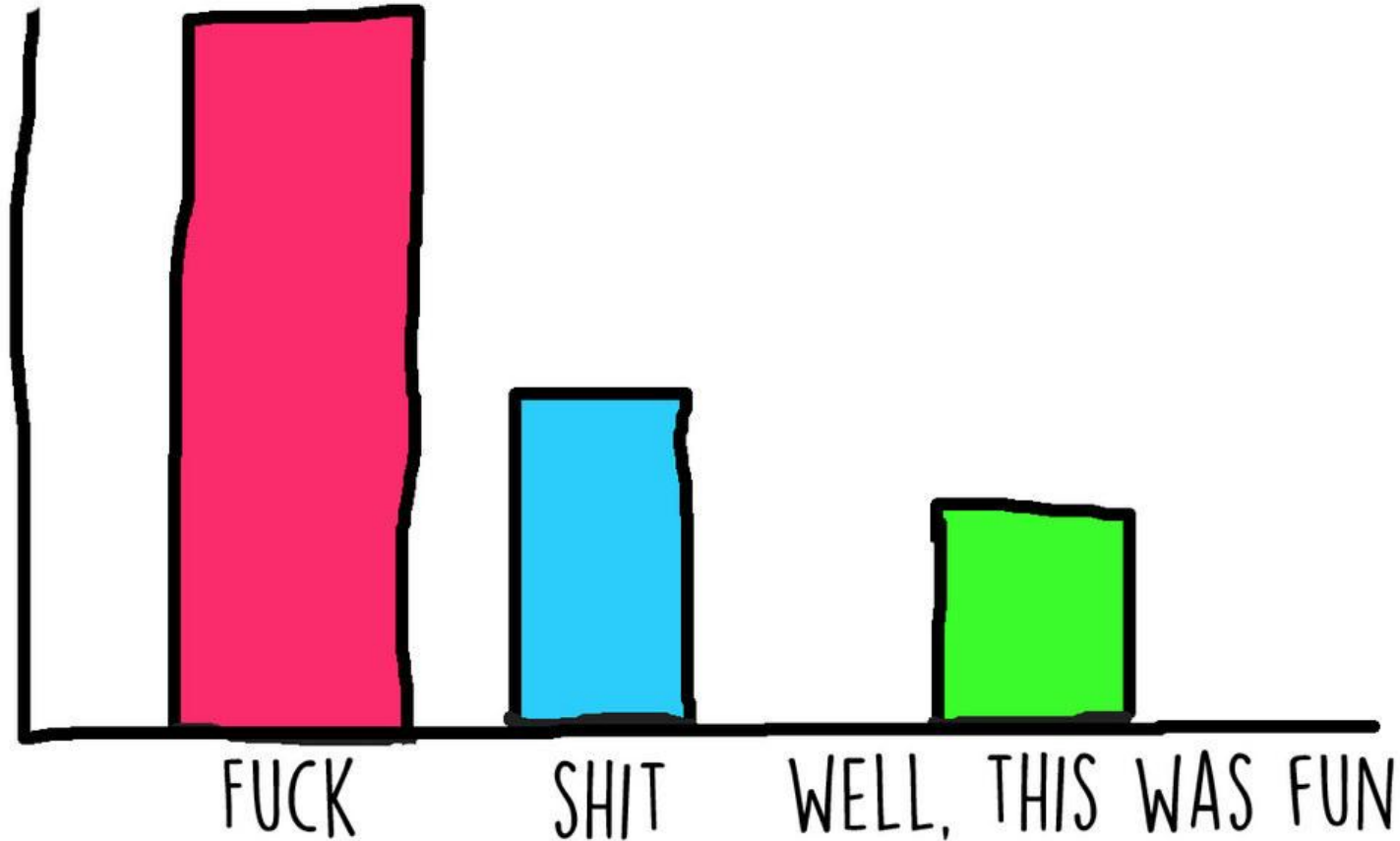


■ MY BOSS IS GOING TO REALIZE  
I WAS A HUGE MISTAKE.

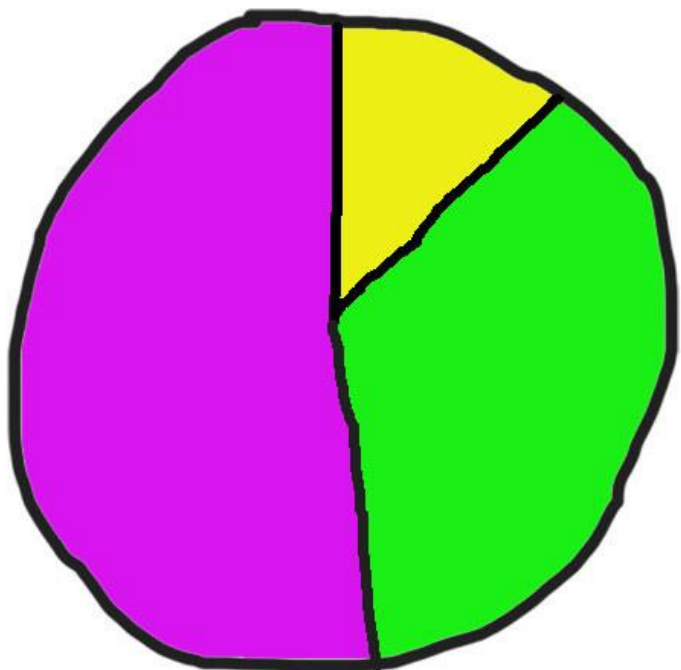
■ MY BOSS IS GOING TO REALIZE  
I WAS A HUGE MISTAKE.



NEED TO SUCCEED AT YOUR JOB:



# THINGS YOU BEAT YOURSELF UP FOR:



- STUFF OUT OF YOUR CONTROL
- STUFF EVERYONE HAS LITERALLY ALREADY FORGOTTEN ABOUT
- STUFF NOBODY ELSE EVEN NOTICED

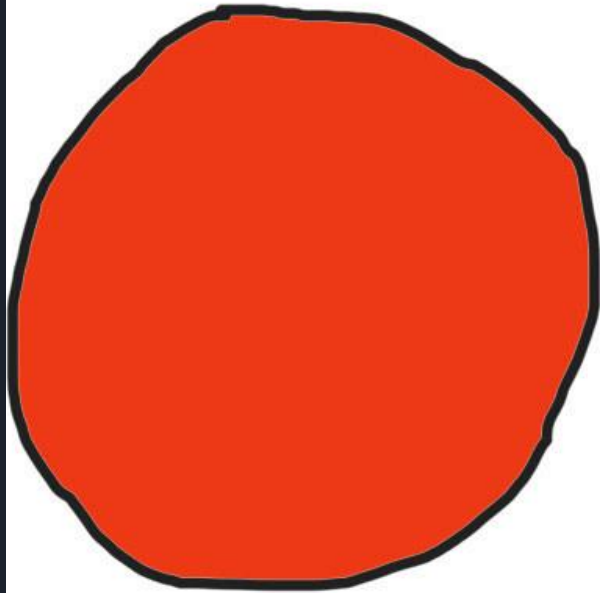
# How to Deal with Imposter Syndrome?



# Strategies

- Talk to other people
  - Helps with feeling less alone.
  - Helps give outside perspective on ability - don't dismiss compliments!
  - Helps you figure out if there other issues going on
    - Imposter Syndrome can cause or worsen depression and anxiety
    - Maybe there are other issues at the workplace/environment
- Recognize that a LOT of people have Imposter Syndrome
  - Not everyone handles it or shows it in the same way!
- Be kind to yourself - things can be hard!
  - People with imposter syndrome are awesome and usually super competent!
  - Not the same as being humble. You can accept your accomplishments without letting them go to your head.

# TYPES OF PEOPLE WHO CAN HAVE IMPOSTOR SYNDROME:



- ALL THE SMART, SUCCESSFUL  
PEOPLE THAT YOU THINK  
HAVE THEIR SHIT TOGETHER

# Our Stories



# Elanna Grossman

Software Developer  
Shift3 Technologies



# Irma L. Olguin Jr.

Founder & Co-CEO

Bitwise Industries







# Celeste A. Barron

Content Development Manager  
Shift3 Technologies





# Rocky Garcia

Solutions Architect  
Shift3 Technologies



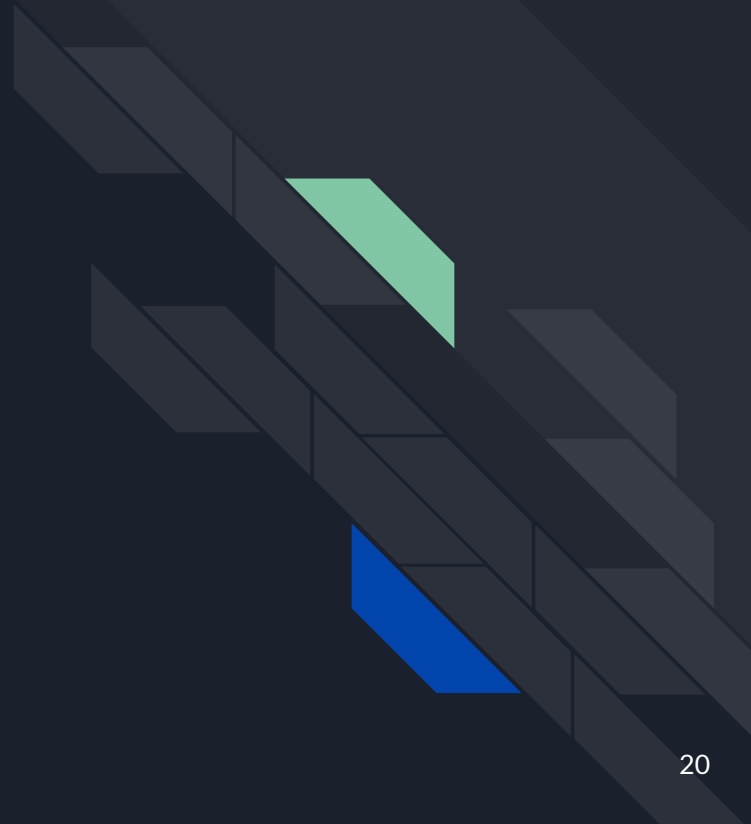


# Kristy Points

Project Manager  
Shift3 Technologies



# Resources

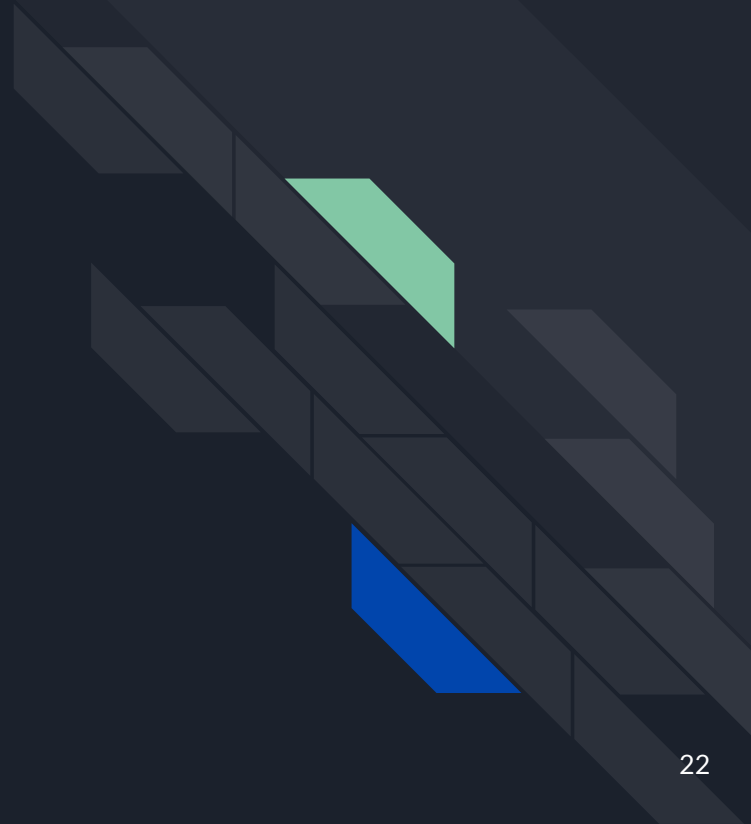




# Resources

- Julie Pagano: It's Dangerous to Go Alone: Battling the Invisible Monsters in Tech - PyCon 2014 - [https://www.youtube.com/watch?v=1i8ylq4j\\_EY](https://www.youtube.com/watch?v=1i8ylq4j_EY)
- 13 Charts That Will Make Total Sense To People With Impostor Syndrome - <https://www.buzzfeed.com/kristinchirico/13-charts-that-will-make-total-sense-to-people-with-impostor>
- Imposter Syndrome - Wikipedia - [https://en.wikipedia.org/wiki/Impostor\\_syndrome](https://en.wikipedia.org/wiki/Impostor_syndrome)
- The 5 Types of Imposters - <https://impostorsyndrome.com/5-types-of-impostors/>

# Conclusion





# Conclusion

- Imposter Syndrome isn't that big of a deal. You know more than you think!
- Talk to people! It will help you feel less alone, help you hear other people validate what you can do, and help you recognize how other people deal with Imposter Syndrome.
- Be kind to yourself.
- No one belongs here more than you!

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