* Imposter syndrome is common, with highs and lows in confidence throughout your career.
* Joining cybersecurity associations and organizations helps build a supportive network and community.
* Connecting with a trusted mentor can provide reassurance and perspective, reminding you that nobody knows everything.
* Recognizing and celebrating small wins, like keeping a folder of kudos and compliments, helps maintain confidence.
* Reflecting on your career progress highlights how far you’ve come and what you can contribute to the security field.
* The security industry is constantly evolving; it’s important to stay flexible, keep learning, and accept that no one knows everything.
* Taking time to ask questions is okay—there are no stupid questions, and colleagues should support your growth as it benefits the whole team.