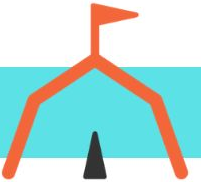


FIGHTING IMPOSTER SYNDROME



70%

of adults have felt imposter syndrome at some point in their life

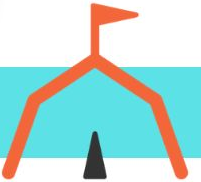


Like who?

- Maya Angelou
- Emma Watson
- Don Cheadle
- Tina Fey
- Sheryl Sandberg
- Neil Gaiman
- Michelle Obama
- Denzel Washington

"I go through [acute imposter syndrome] with every role, ...I think winning an Oscar may in fact have made it worse."

- Lupita Nyong'o



So, why does it matter?



**Unchecked, Imposter
Syndrome will thwart
your success.**



**So, what makes us feel like
imposters?**



CONSIDER...THE INSTAGRAM EFFECT



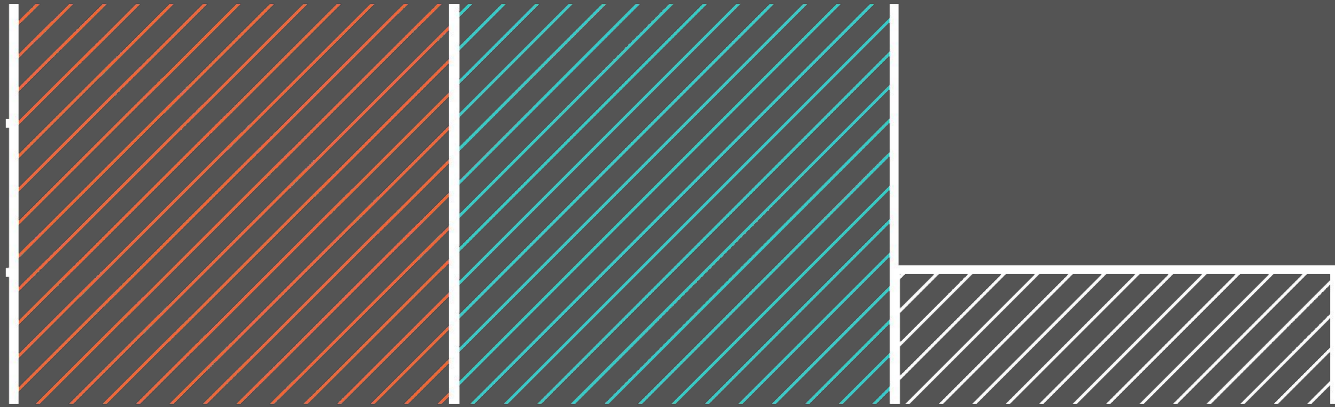
...in the face of conflicting evidence



& SOMETIMES, YOU'RE NOT...

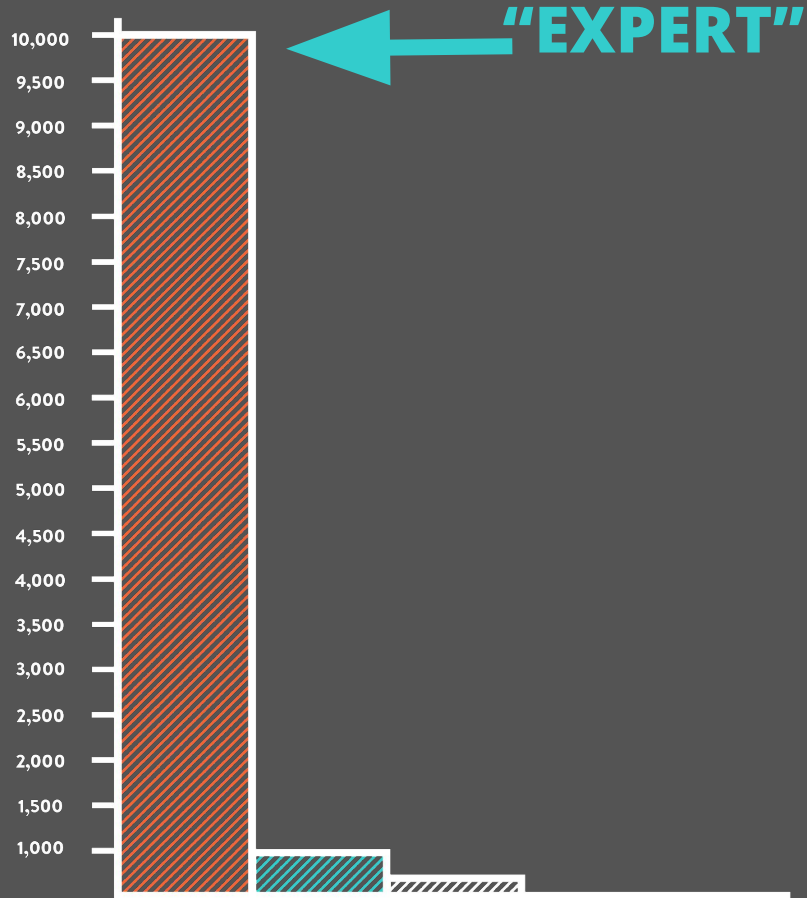


NOW...HOW MANY HOURS ARE YOU AT?



Does it feel a bit like this?





NOW...HOW MANY HOURS ARE YOU AT?



HOW DO WE STOP?

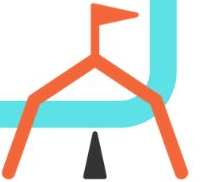


IS IT REALLY IMPOSTER SYNDROME?

Sanity Check:

- **What's driving this feeling of inadequacy?**
- **Where am I looking for evidence to support my feeling? Is that a fair place to search for evidence?**
- **What evidence exists?**

HOW DO WE STOP?



Help someone else

1.

Document the good

2.

An orange shield-shaped graphic with a white number '3.' inside.

3.

Get super specific

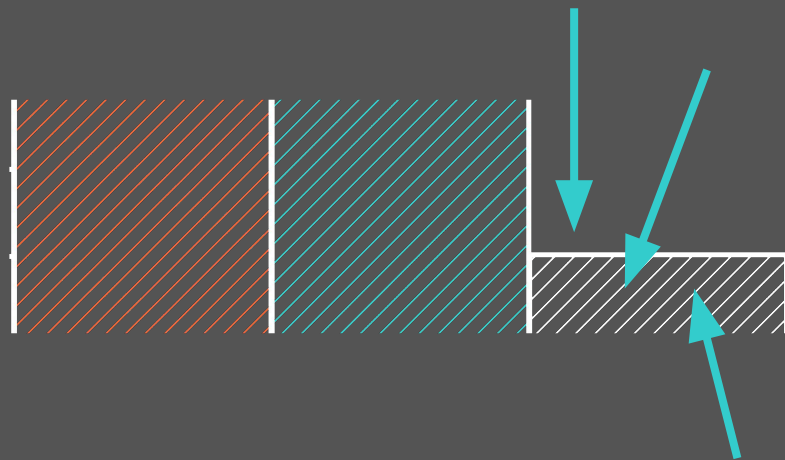
Measure progress

An orange ribbon icon with a white center, featuring a large black number 4 and a period.

4.

**Find others with shared
experience.**

5.



6.

Name it & share it.