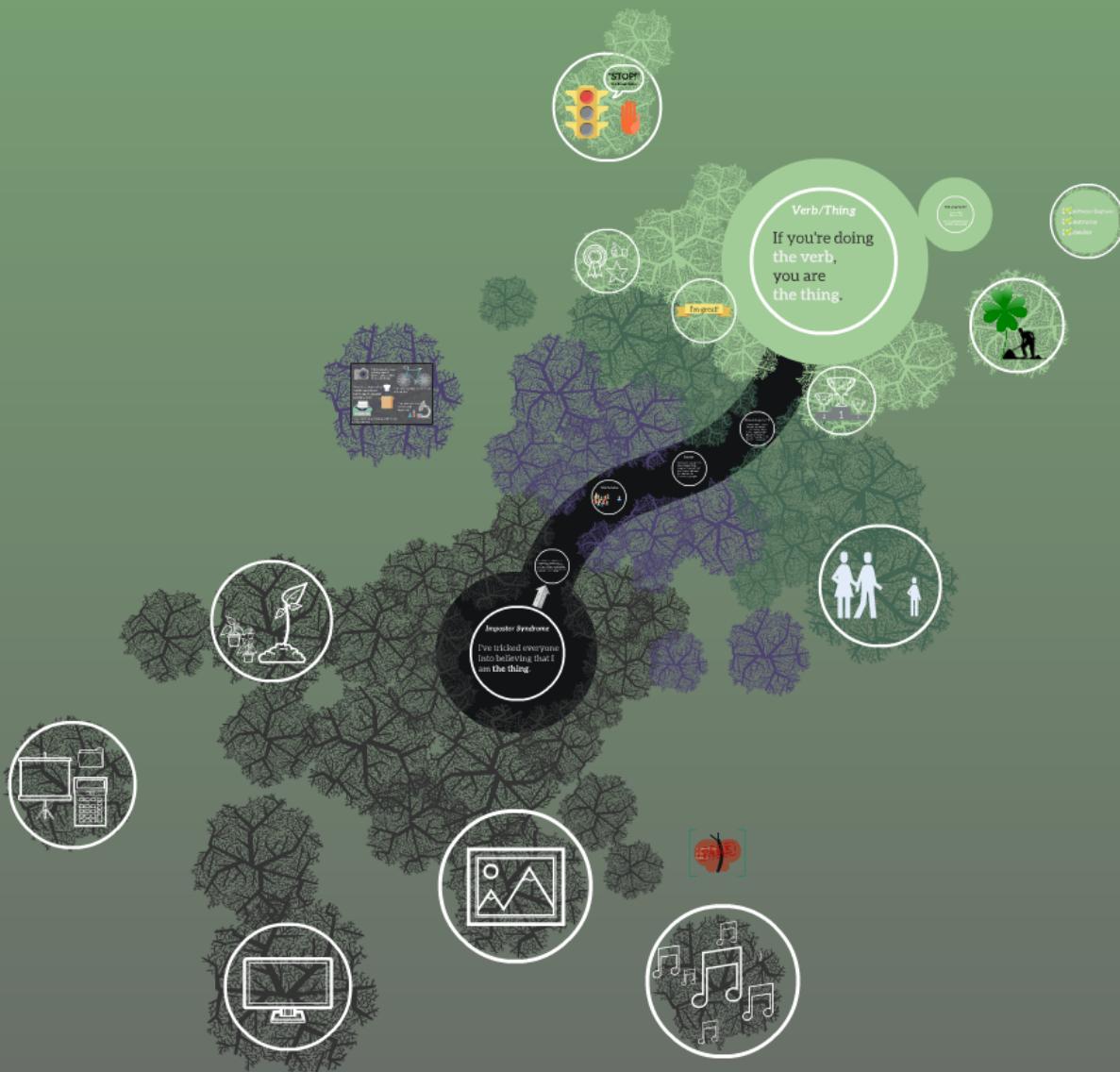


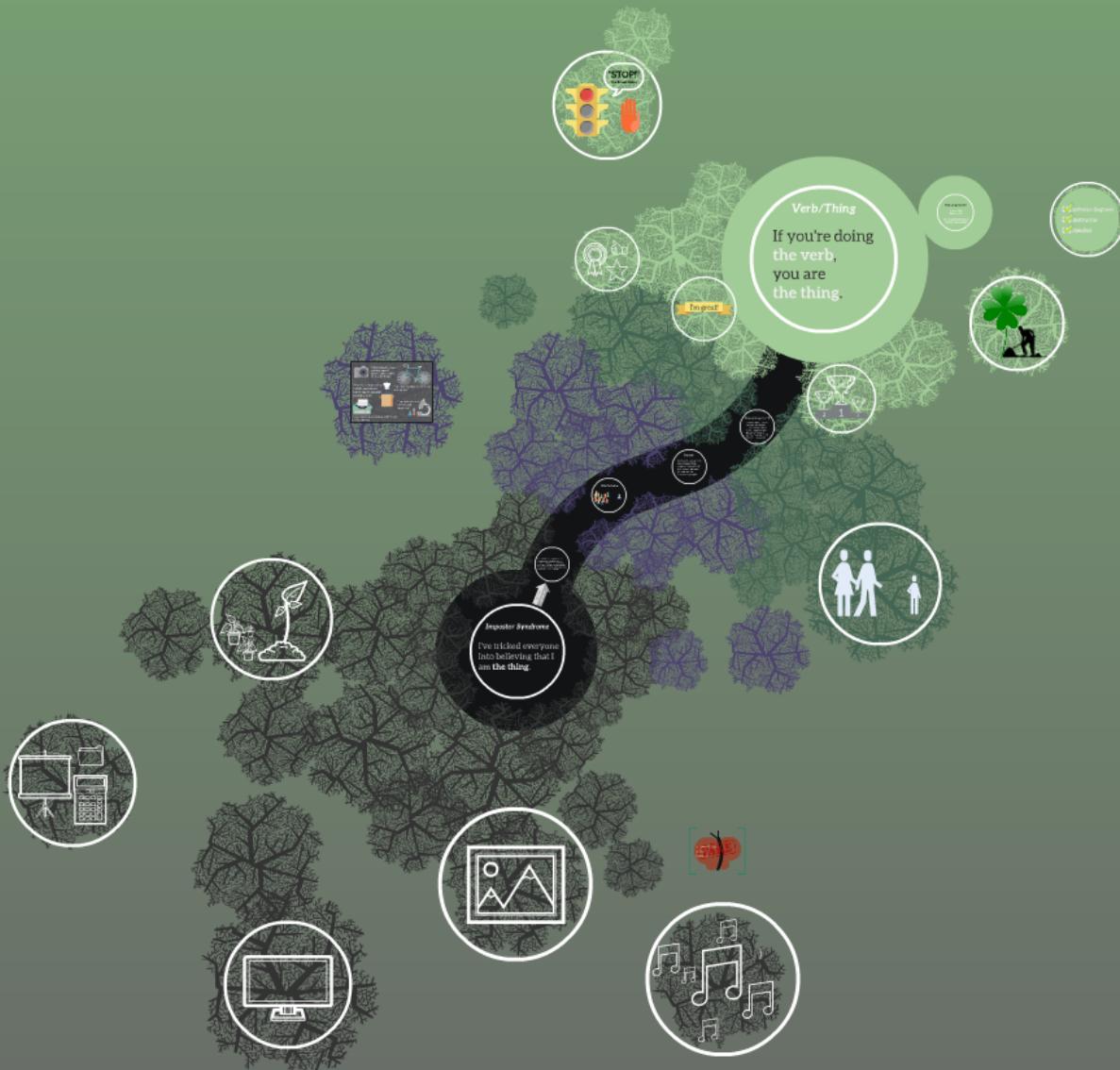
Traversing the Dark Forest of Impostor Syndrome

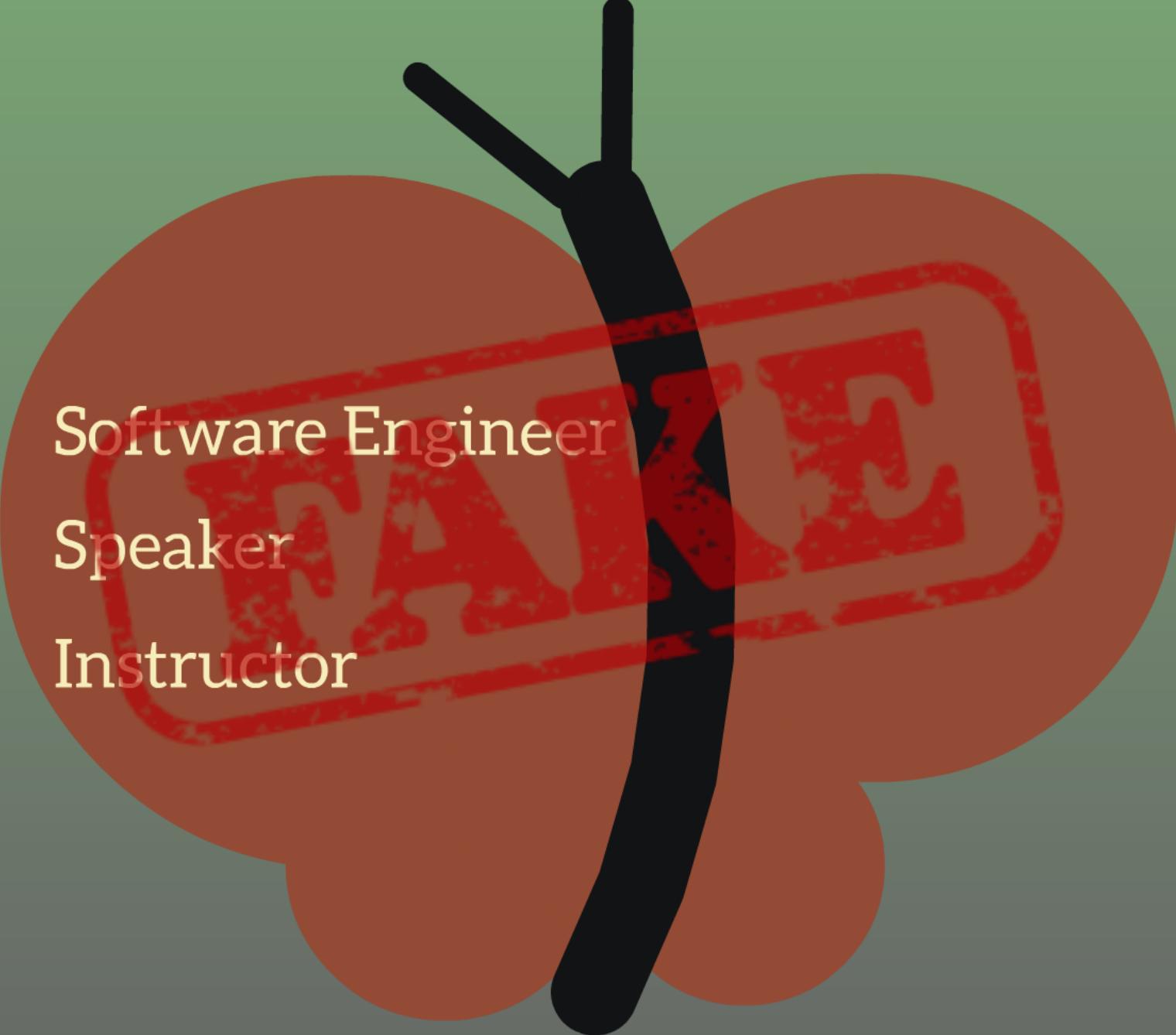
Jenny Allar



Traversing the Dark Forest of Impostor Syndrome

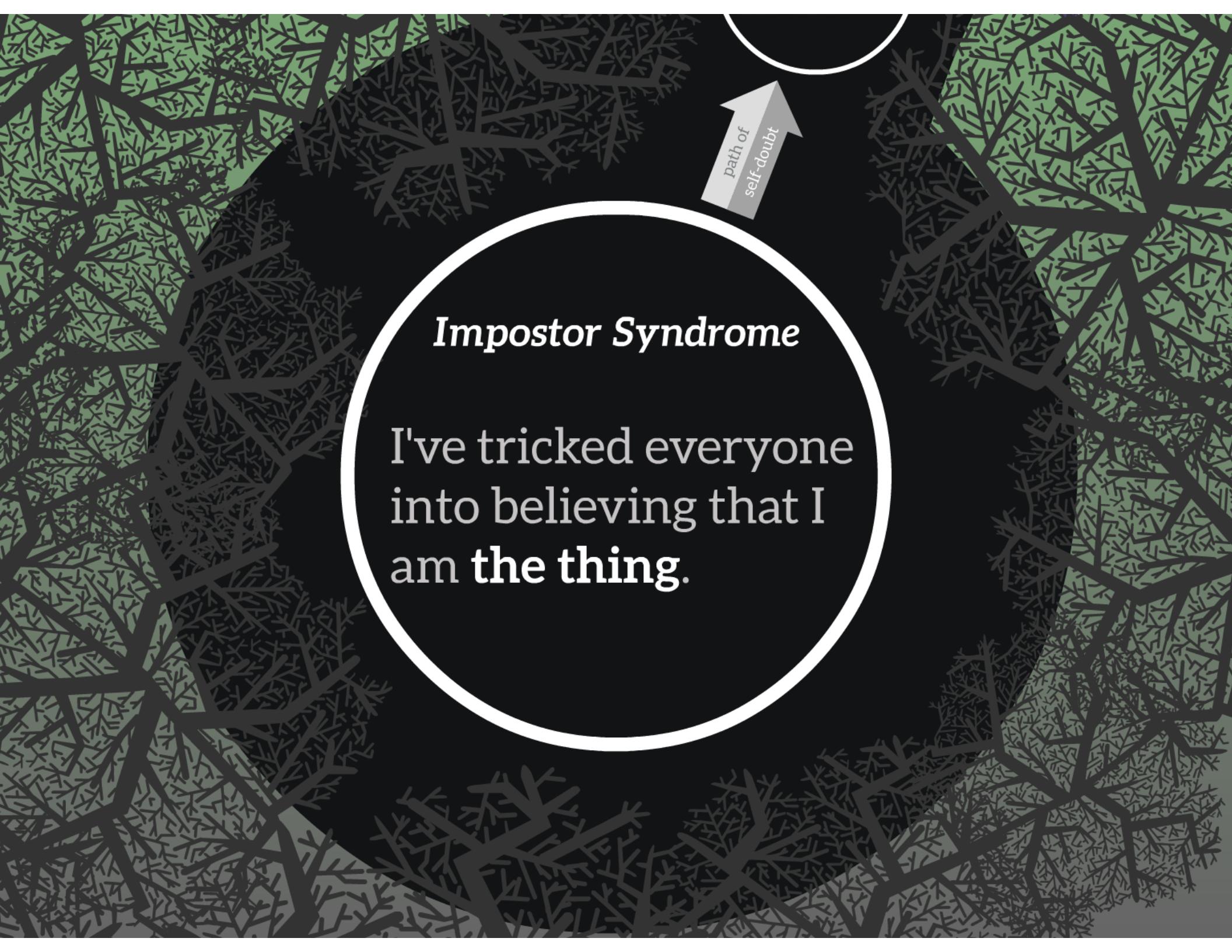
Jenny Allar





Software Engineer
Speaker
Instructor

TAKE



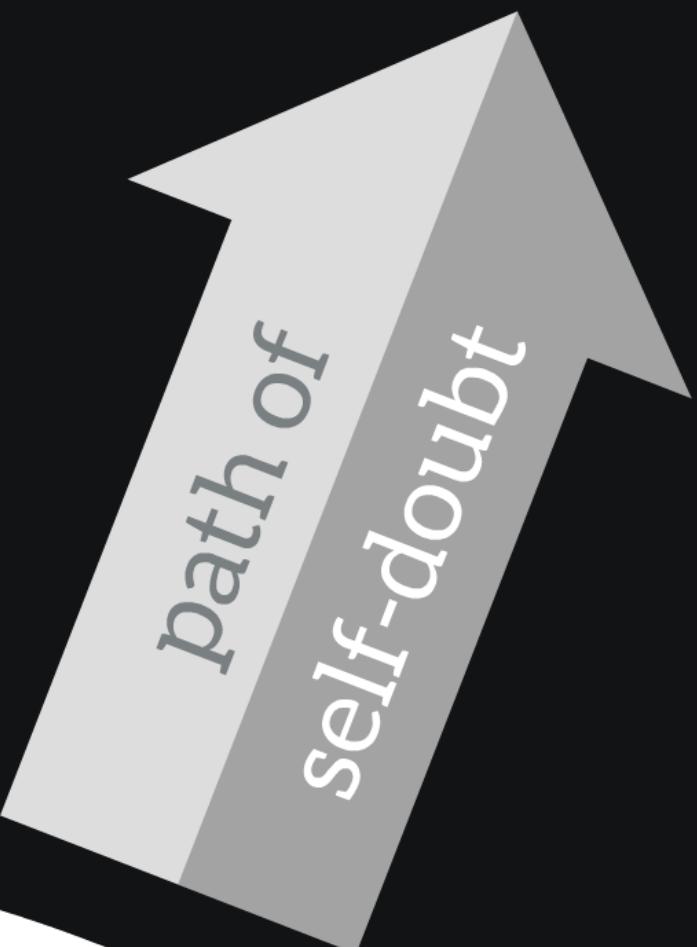
Impostor Syndrome

I've tricked everyone
into believing that I
am **the thing**.

path of
self-doubt

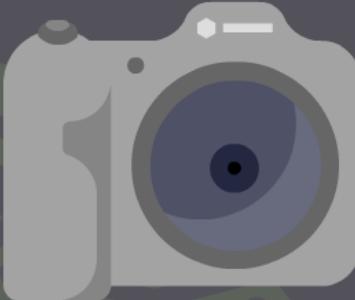
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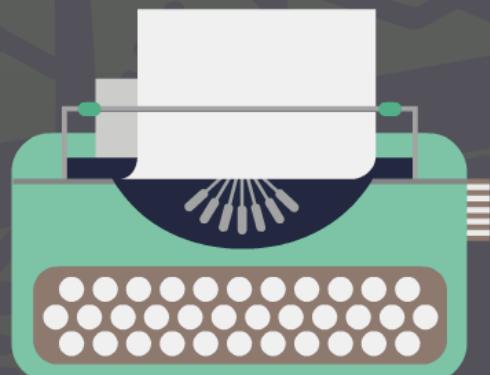
*path of
self-doubt*

- They made an exception for me
- Someone was doing me a favor
- I'm just really great at interviewing
- They just needed to fill the position
- They didn't want to hurt my feelings
- No one else wanted the job



"I don't consider myself a photographer. I haven't gone to school for it or anything."

"I'm just a prep cook at a chain restaurant. I don't really consider myself a chef."



"Sure, I write short stories, but I'm not really a writer."



"I'm not actually a cyclist, I just ride for fun."

"I'm not a scientist yet; I'm still studying."





Verb/Thing

If you're doing
the verb,
you are
the thing.

I'm great!

THANK YOU!

Jenny Allar
Denver, CO

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Not the Same



Success

We leave the possibility
of success to others
because we genuinely
don't see ourselves in
the way we see
"successful" people.

Famous People Get It

"I have written 11 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

Verb/Thing

If you're doing
the verb,
you are
the thing.



"STOP!"

- The Fraud Police







2

1

3



Verb/Thing

If you're doing
the verb,
you are
the thing.



I'm great!



Software Engineer



Instructor



Speaker

THANK YOU!

*Jenny Allar
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