

Jolene



“I wish I had more confidence in my role and myself”

Frustrations

- Considering leaving her position due to feelings of anxiety and pressure in favor of a field that is less male-dominated
- Feeling like her skills are constantly not enough and she'll never catch up

App Goals

- Feels more secure in her job
- Gains a sense of belonging
- Has a industry role model or mentor to look up to
- Develops a sense of confidence in her skills and herself

App Steps

- Complete survey to find imposter type
- Review some key quotes from successful industry individuals that provide advice for combatting imposter syndrome
- Utilizes the tips and information about her imposter syndrome type to apply to her everyday mindset and help her develop confidence in herself
- Researches more strategies using additional resources linked

Age: 25

Gender Identity: Women

Location: Seattle, WA

Employment: In current position for 6 months

Education: Graduated

Goals

- Wants to feel more confident and secure in her position
- Wants to develop assurance in being able to match up with her peers