



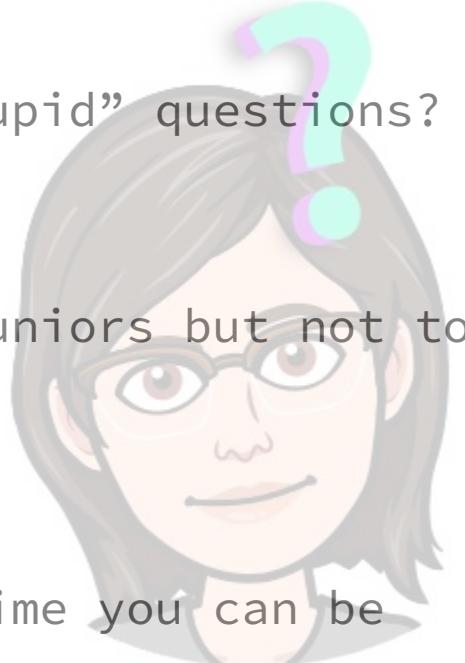
I
SUCK

TIPS TO FIGHT IMPOSTOR SYNDROME

Aurélie Vache - [@aurelievache](https://twitter.com/aurelievache)

DOES THIS TALK CONCERN ME?

- Are you (sometimes) afraid to ask “stupid” questions?
- Do you feel comfortable speaking to juniors but not to your peers?
- Do you have the feeling that at any time you can be "unmasked"? That others take you for someone you are not? (expert, guru...)



AURÉLIE VACHE

@aurelievache

DevRel at  OVHcloud

Conferences organizer

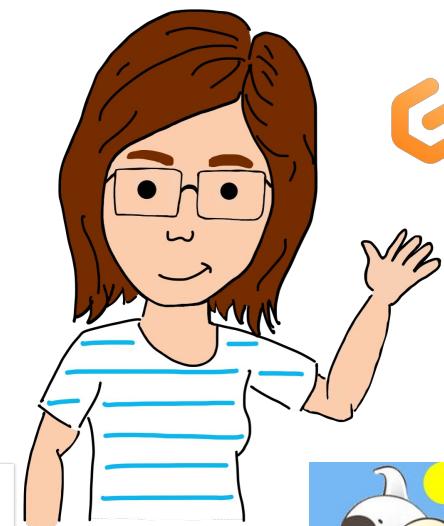
Duchess France Leader & Mentor

Tech articles/books writer

Sketchnoter

Speaker

And ... I'm an impostor!



I DON'T KNOW
ANYTHING

I'M WORTH
NOTHING!

I

I DON'T FEEL
LEGITIMATE

I

I'M NOT THE MOST
QUALIFIED PERSON
TO DO THIS TALK

I' WHAT IF PEOPLE FIND
QU OUT I'M ACTUALLY A
TO "QUICHE"/AN
IMPOSTOR?



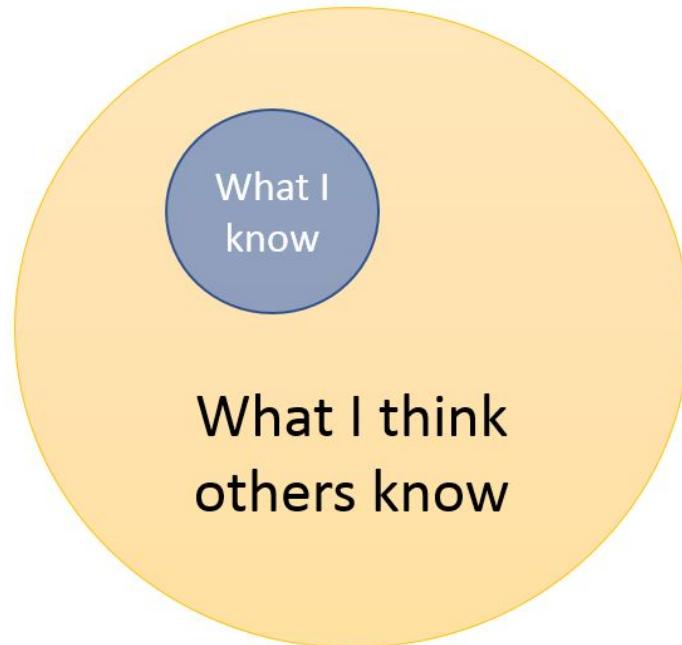
Stop!

#newgirl

SYNDROME OF WHAT?

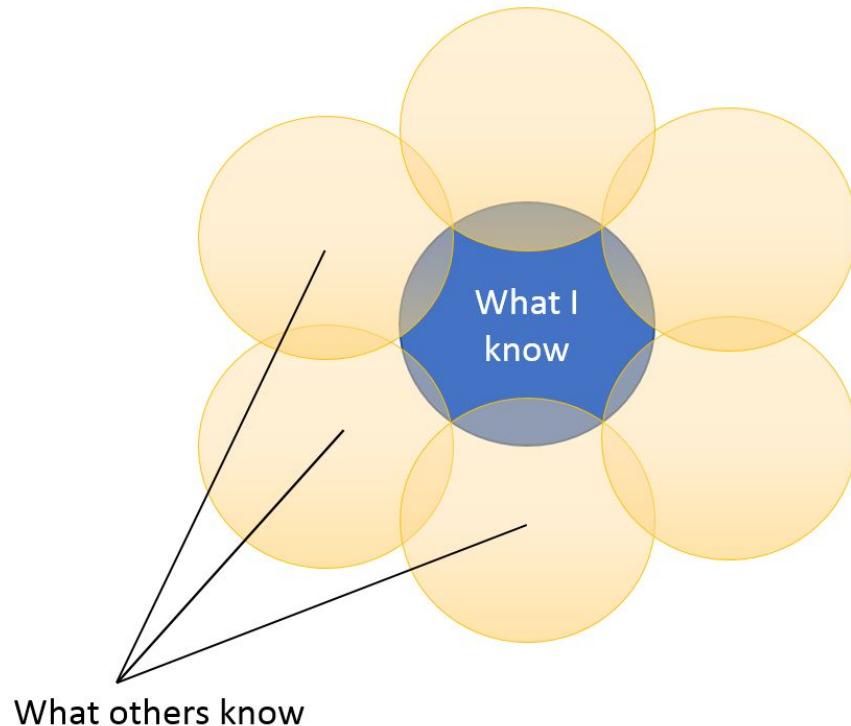
WHAT IS IMPOSTOR SYNDROME?

Perception



WHAT IS IMPOSTOR SYNDROME?

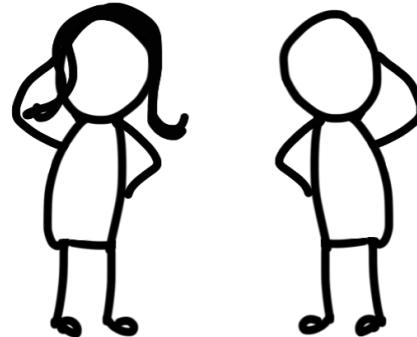
Reality



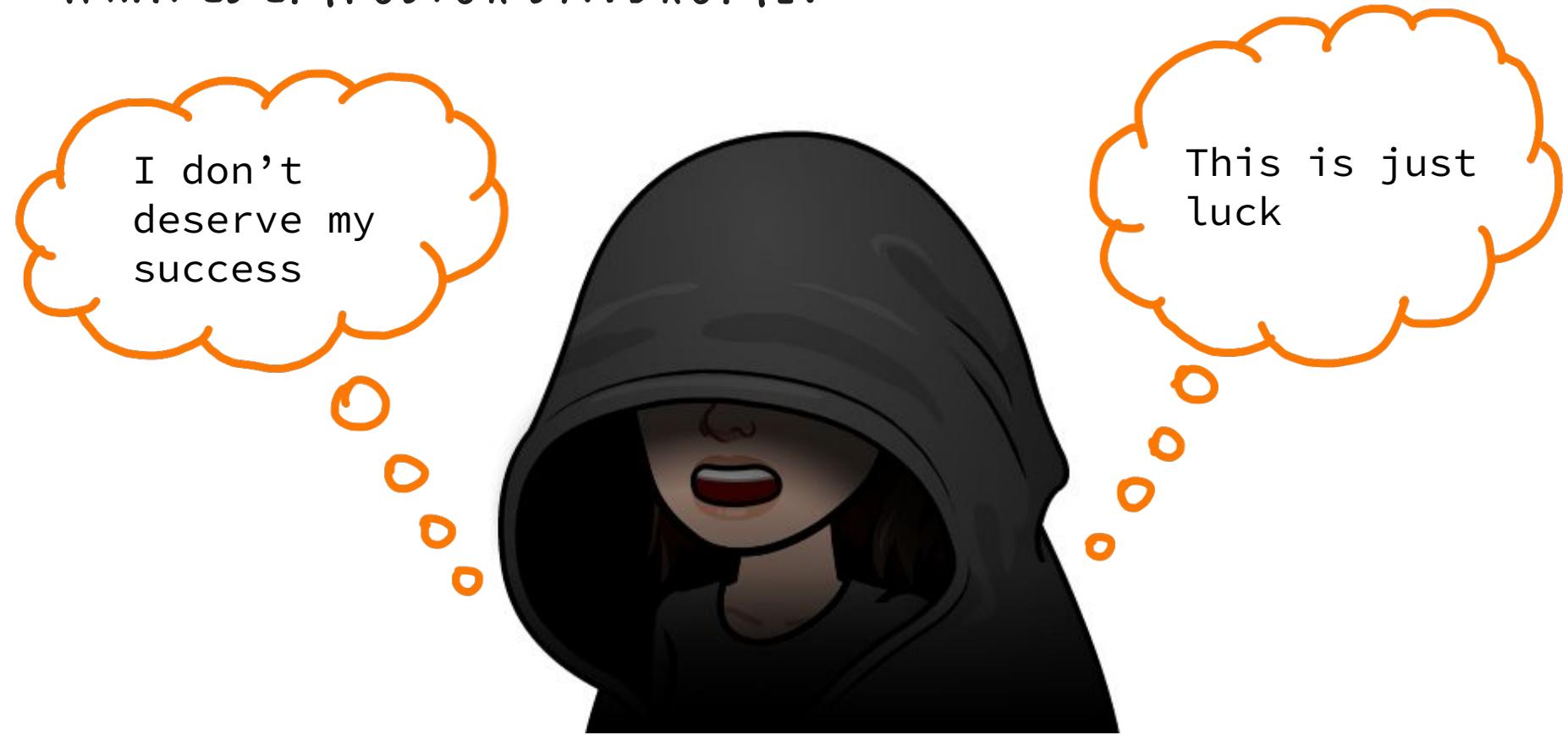
WHAT IS IMPOSTOR SYNDROME?

Phenomenon detected in women but affects men equally

People will realize one day
that I'm an impostor, that
I don't belong



WHAT IS IMPOSTOR SYNDROME?



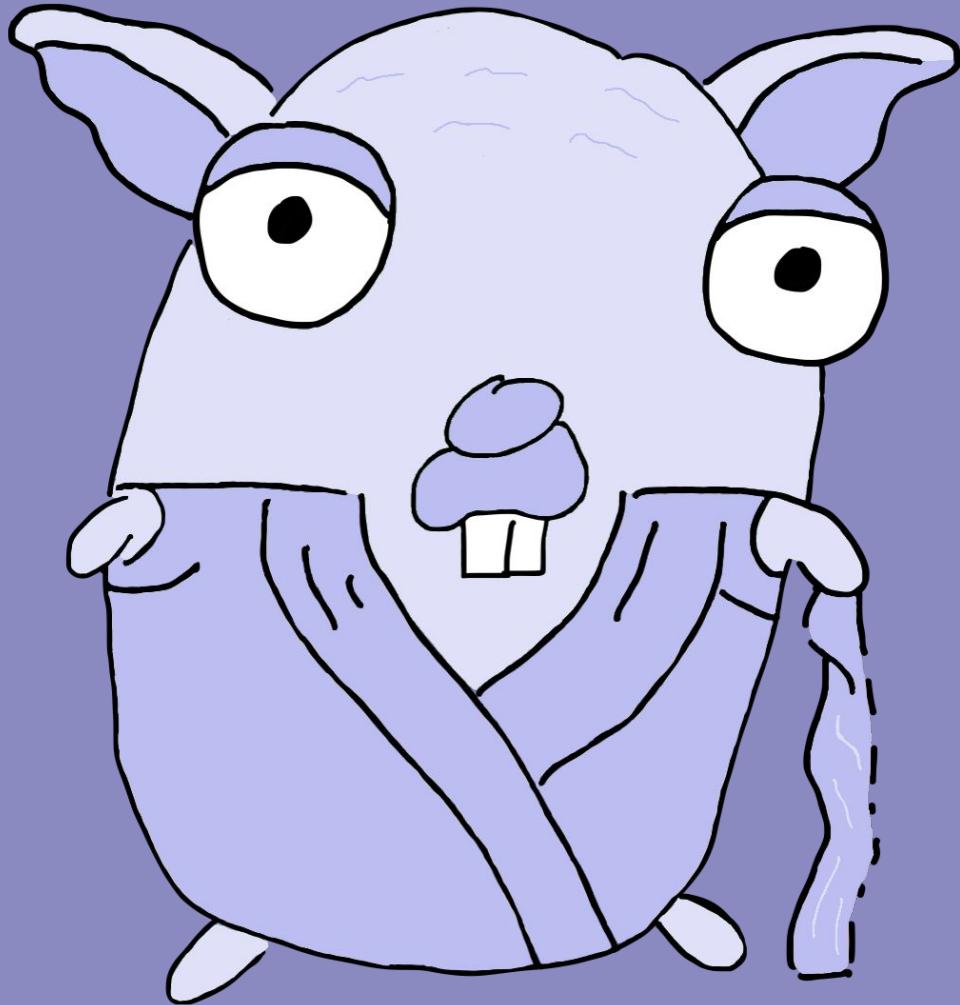
WHAT IS IMPOSTOR SYNDROME?



This little inner voice is wrong!

HOW TO FIGHT THIS
SYNDROME?

1. KNOWLEDGES,
SKILLS, WINS,
YOU HAVE

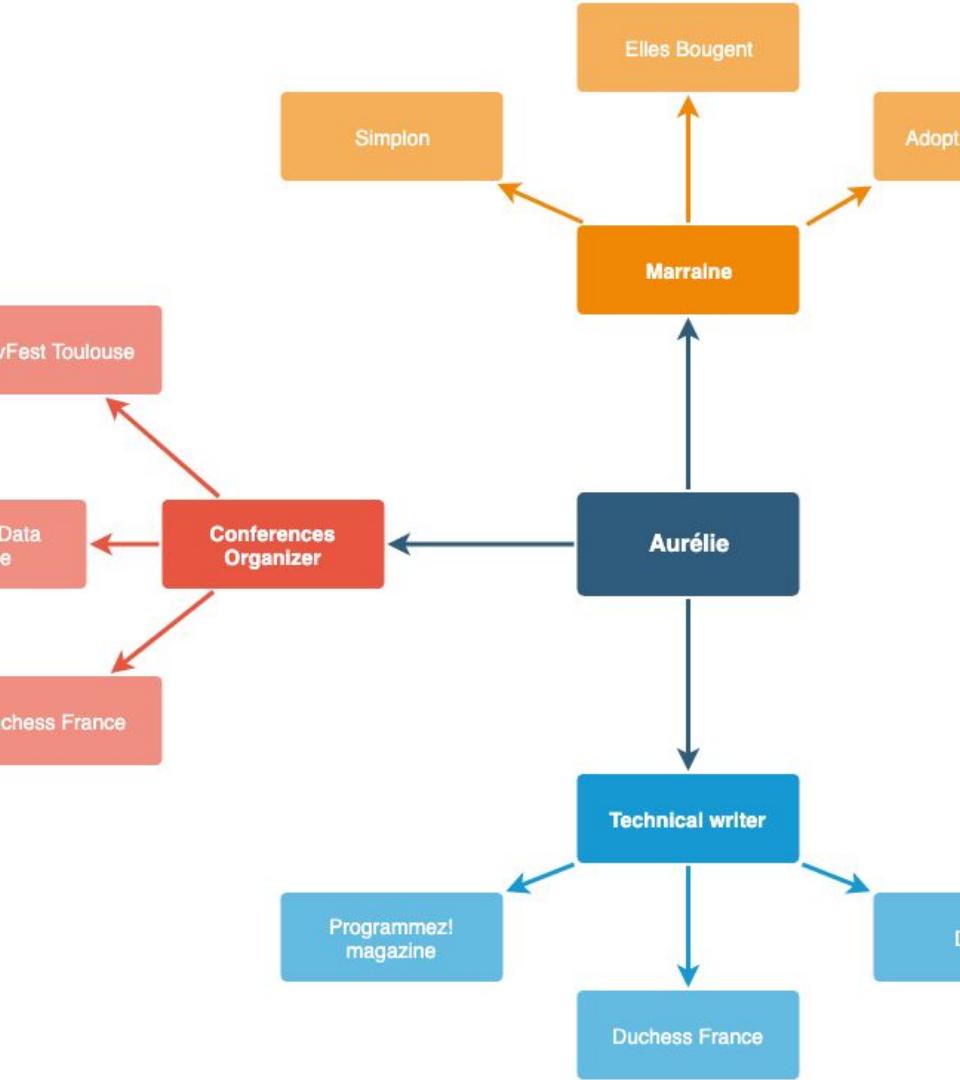


MAKE LISTS



List your achievements:

- knowledges
- skills
- projects
- recognitions
- ...



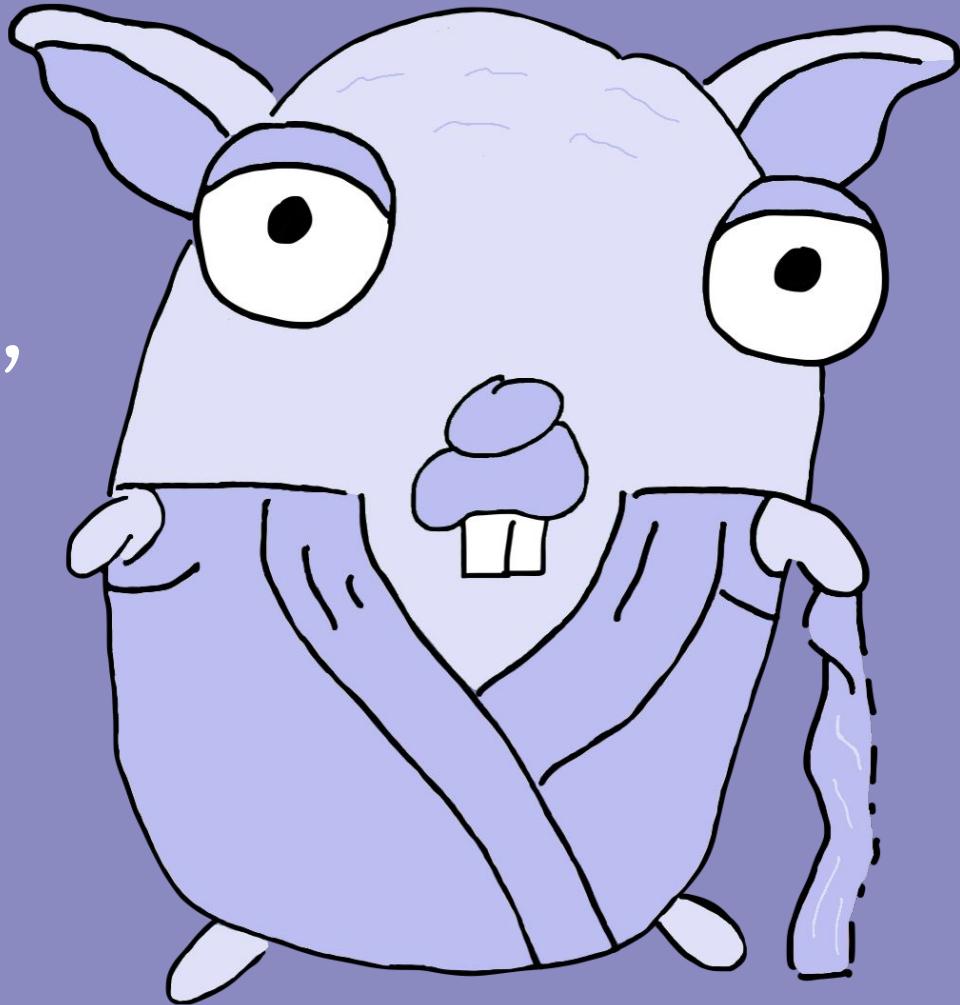
AND WHAT ABOUT A MIND-MAP
(HEURISTIC MAP)?

A photograph of a young woman with brown hair, wearing a white t-shirt under a blue denim jacket. She is sitting cross-legged and has her arms raised in triumph or excitement. Her eyes are closed, and she is smiling broadly. The background is plain white.

THERE ARE NO SMALL WINS!

WE LEARN FROM OUR MISTAKES

2. FRIENDS, PEERS,
COMMUNITIES,
YOU WILL FIND





BE WELL SURROUNDED

Communities, Meetups ...

You are not alone.
We have the chance to do a job
where there are communities of
mutual aid and exchanges!

We are stronger together.



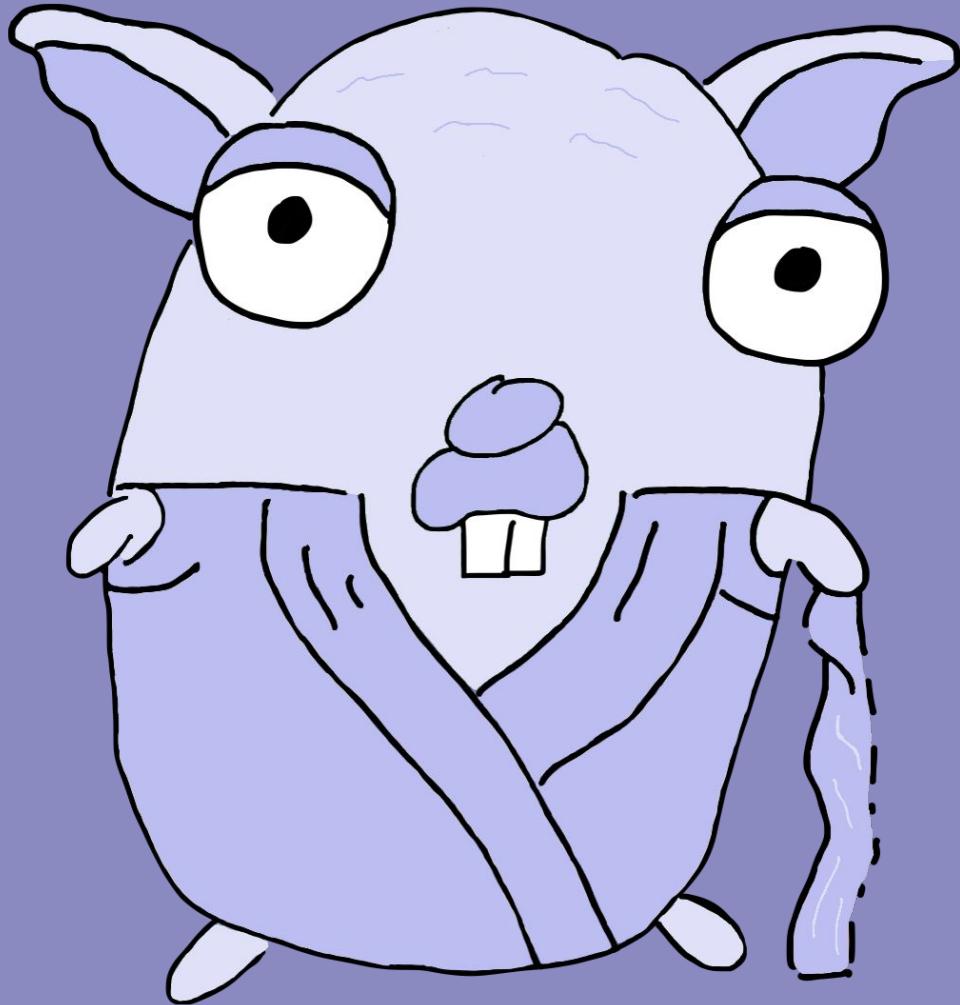
BE WELL SURROUNDED

Mentor / Role model

You can't know everything, and
that's okay.

Learn from your peers.

3. SHARE AND
CONTRIBUTE,
YOU CAN



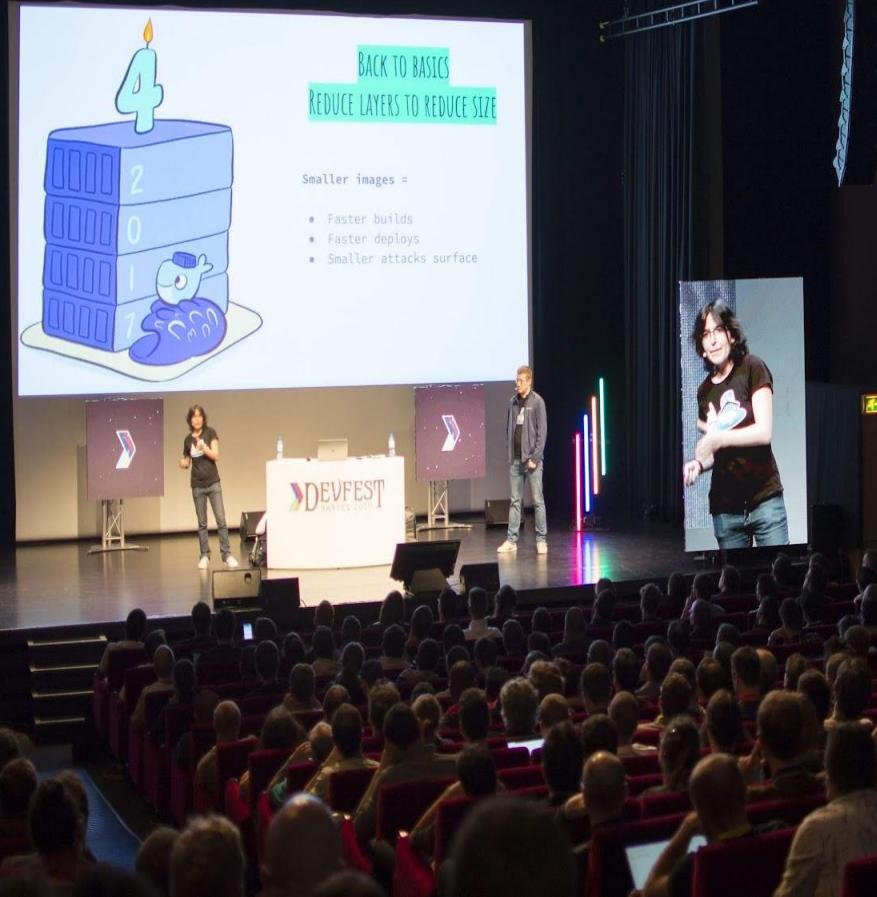


SHARE BY DIFFUSION

Write articles, cheat sheets ...

Personal blog, company blog, site, specialized magazine...

SHARE BY REX



Return of Experience (ReX) & Talks

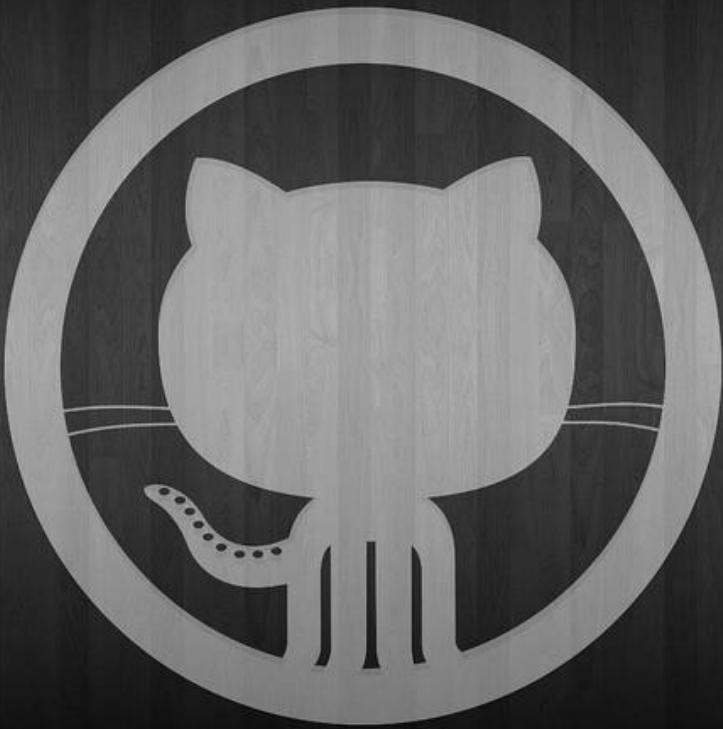
At work internally, then meetup, conferences ...



SHARE BY TRANSMISSION

Transmit your passion

To children, during interventions
in colleges and high schools and/or
with people in retraining.



CONTRIBUTE

Contribute to open-source projects

Dive into the wonderful world of Pull Requests.
Start by fixing documentation and then fixing bugs or features.

There is no small contributions.

SIMPLY SHARE...



Derek Shoemaker
@derekshoedev



Today I learned:

`/usr` stands for “universal system resources” not “user”

`/dev` stands for “device” not “development”

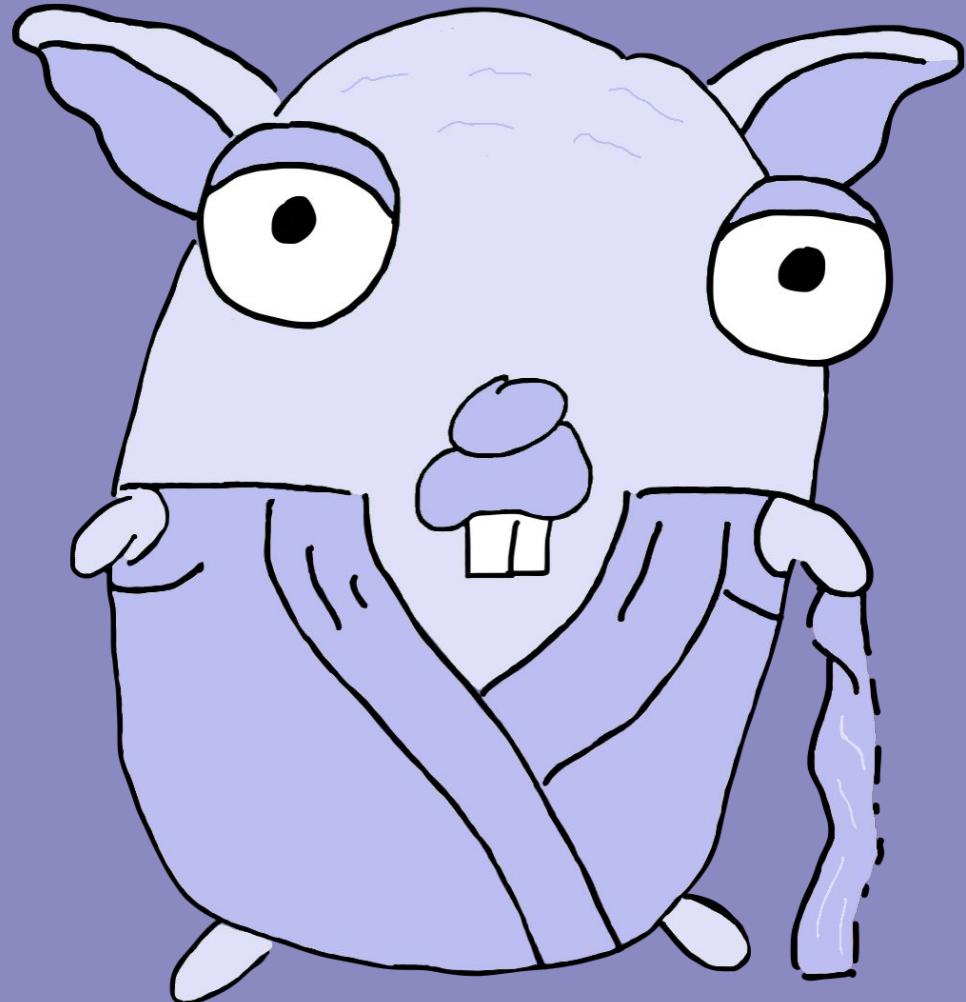
Had no idea.

[Traduire le Tweet](#)

21:55 · 17 janv. 19 · Twitter for iPhone

292 Retweets 792 J'aime

4. FEEDBACK
RATHER THAN
VALIDATION,
YOU WILL ASK





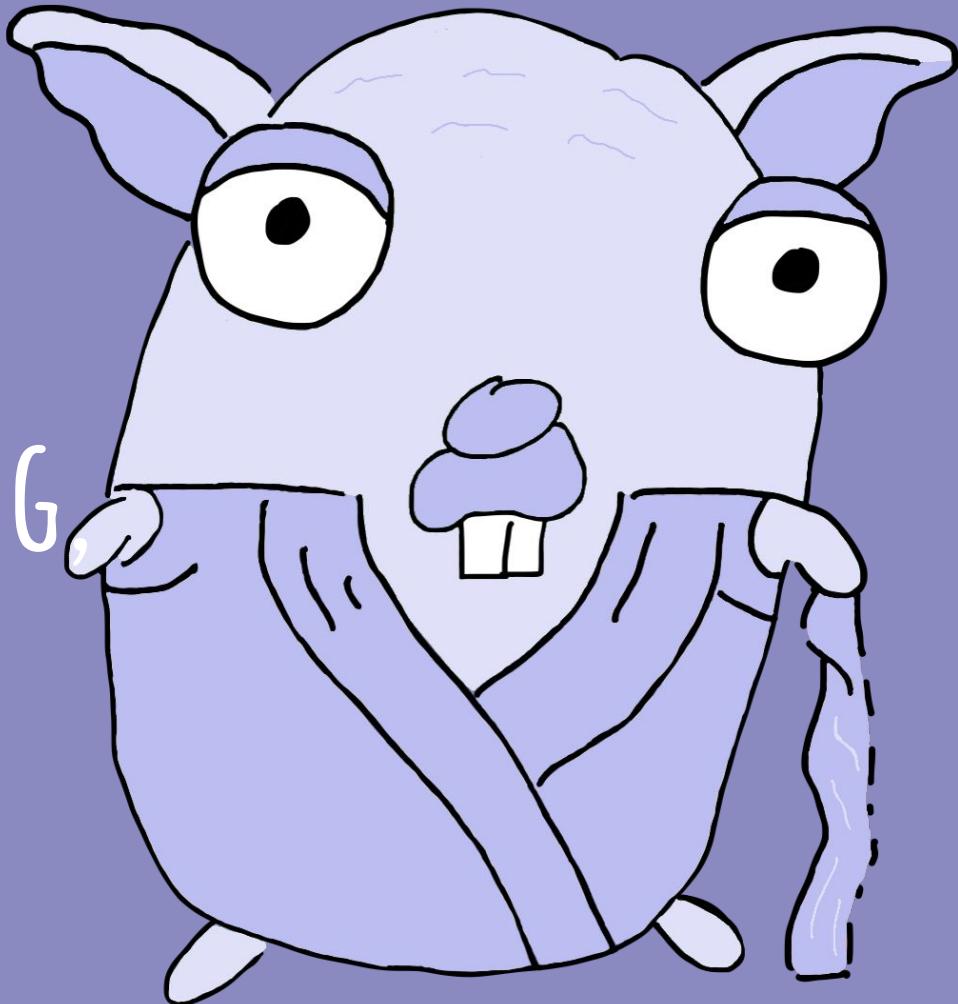
FEEDBACKS

!=

EXTERNAL VALIDATION

5.

PEER-PROGRAMMING,
YOU WILL DO





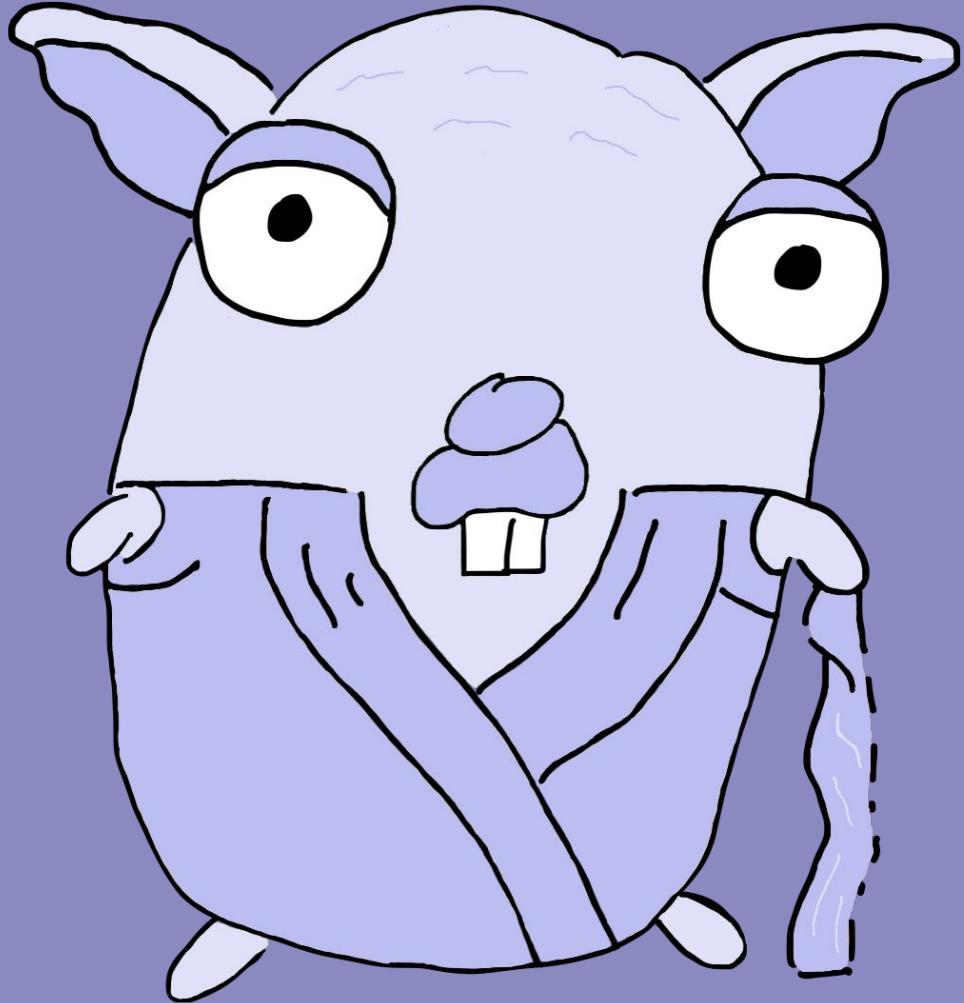
PEER-PROGRAMMING

Peer, mob programming

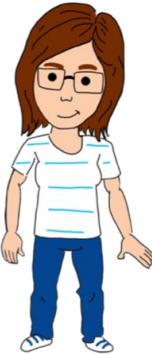
Two, several.

Allows you to improve your skills
and those of your colleagues.

6. TRUST IN YOU,
YOU WILL HAVE



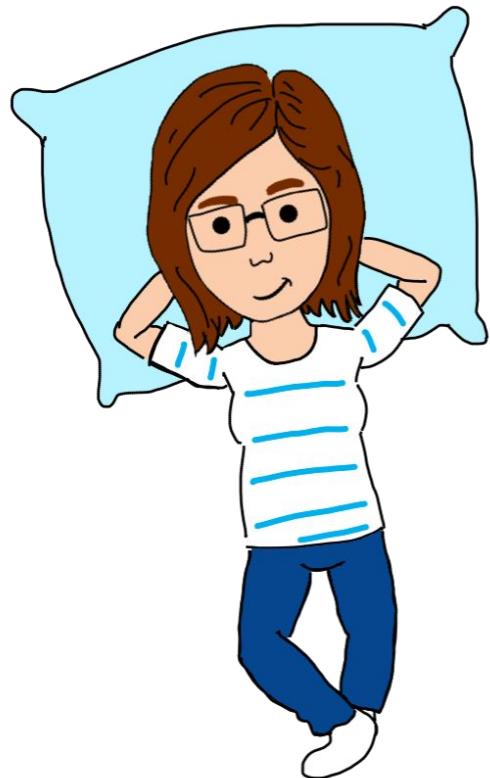
TEST, DARE



Trust yourself.

Don't try to copy others.
Be yourself.

Have confidence in yourself,
in your ideas.



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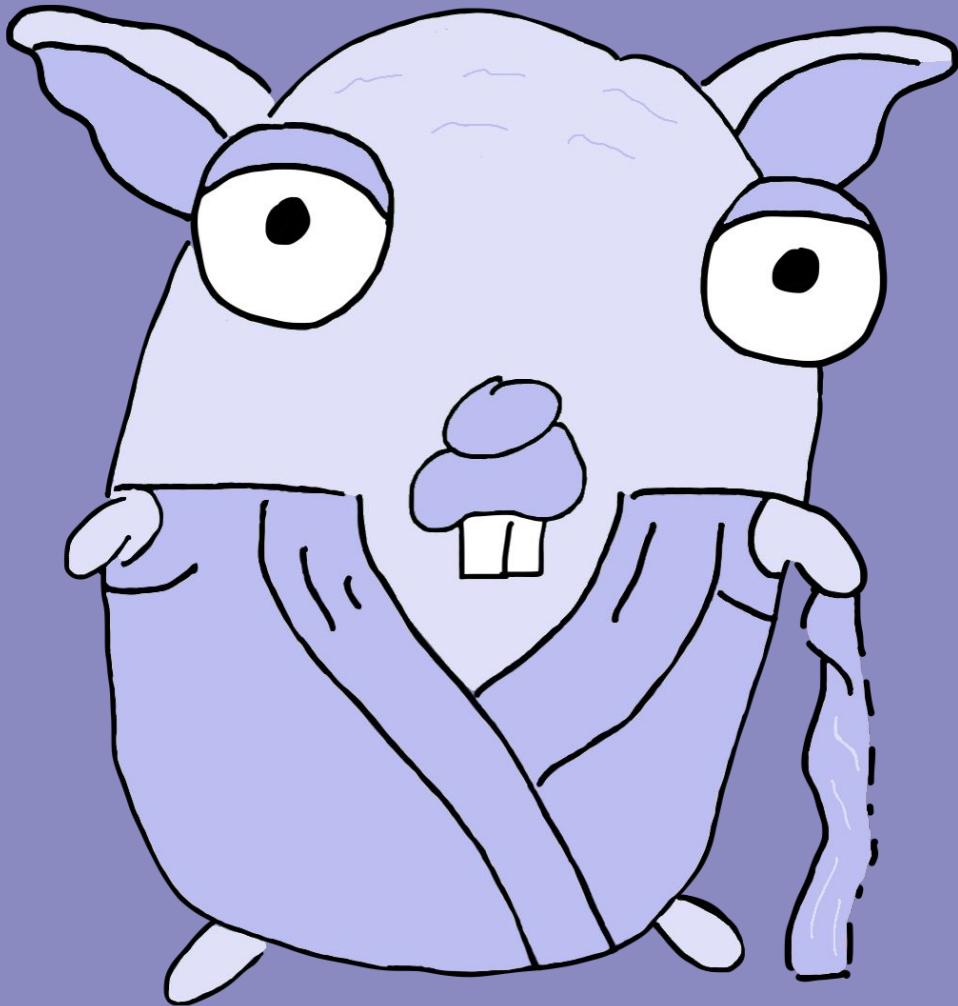
TEST, DARE

Trust yourself.

Don't try to copy others.
Be yourself.

Try things and share to others.

7. POSITIVE,
YOU'LL HAVE TO



Rating : 1

Rating : 1

Rating detailed : Other = 1
We're at Devoxx, sorry but it's not the right place for a speech therapy workshop...

Rating : 3

Rating : 3

FOCUS ON POSITIVE

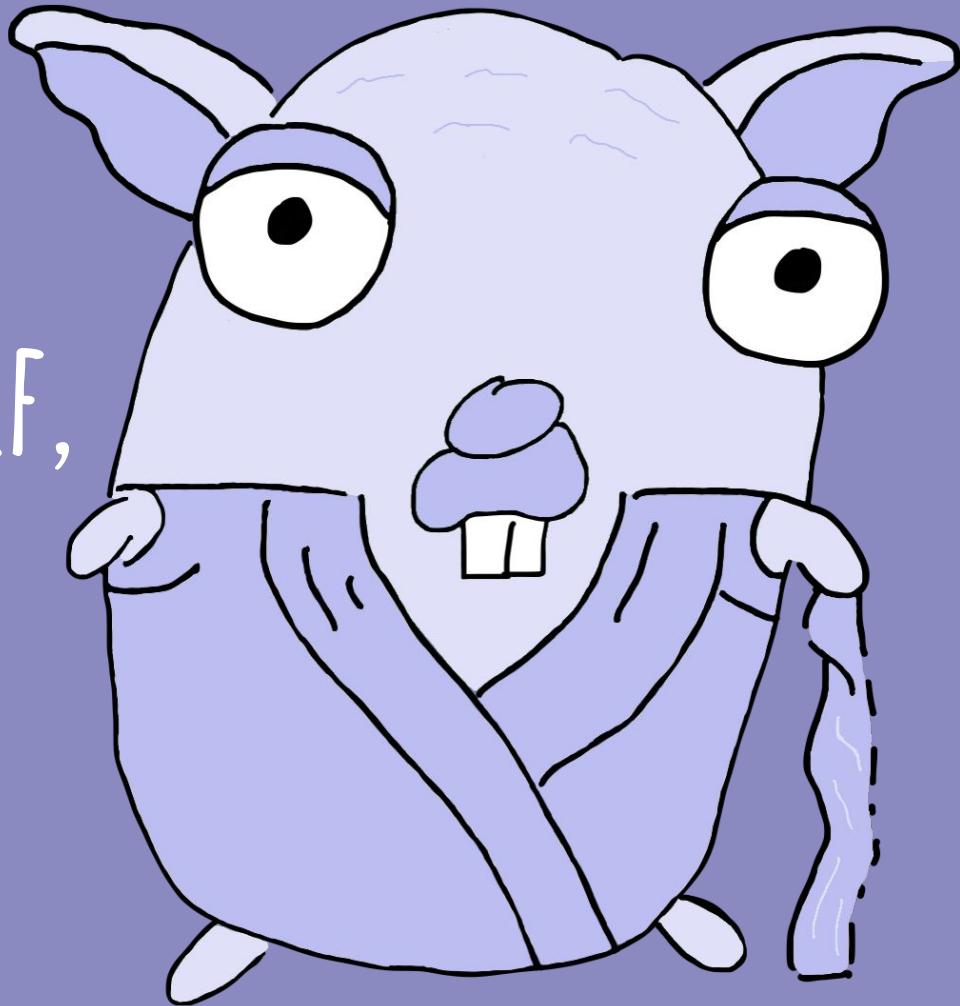
Don't stop:

- at the things you can't do
- at negative feedback

Think positive things and listen to the caring people around you.

Being positive helps you move forward.

8. ACCEPT YOURSELF,
YOU HAVE TO





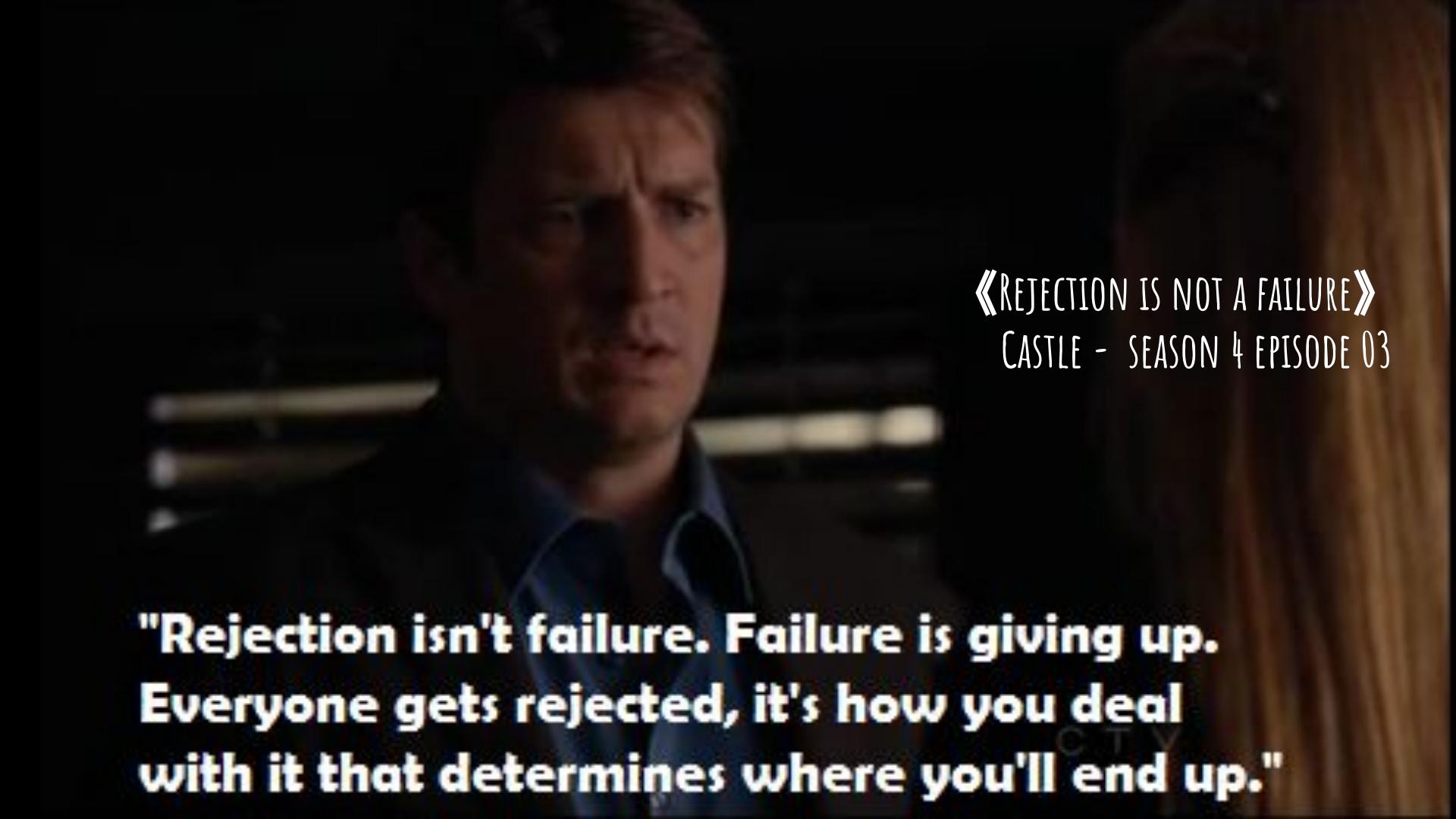
ACCEPTATION

You don't have to be perfect

Nobody asks you, except you... and nobody is, get that out of your head :-)

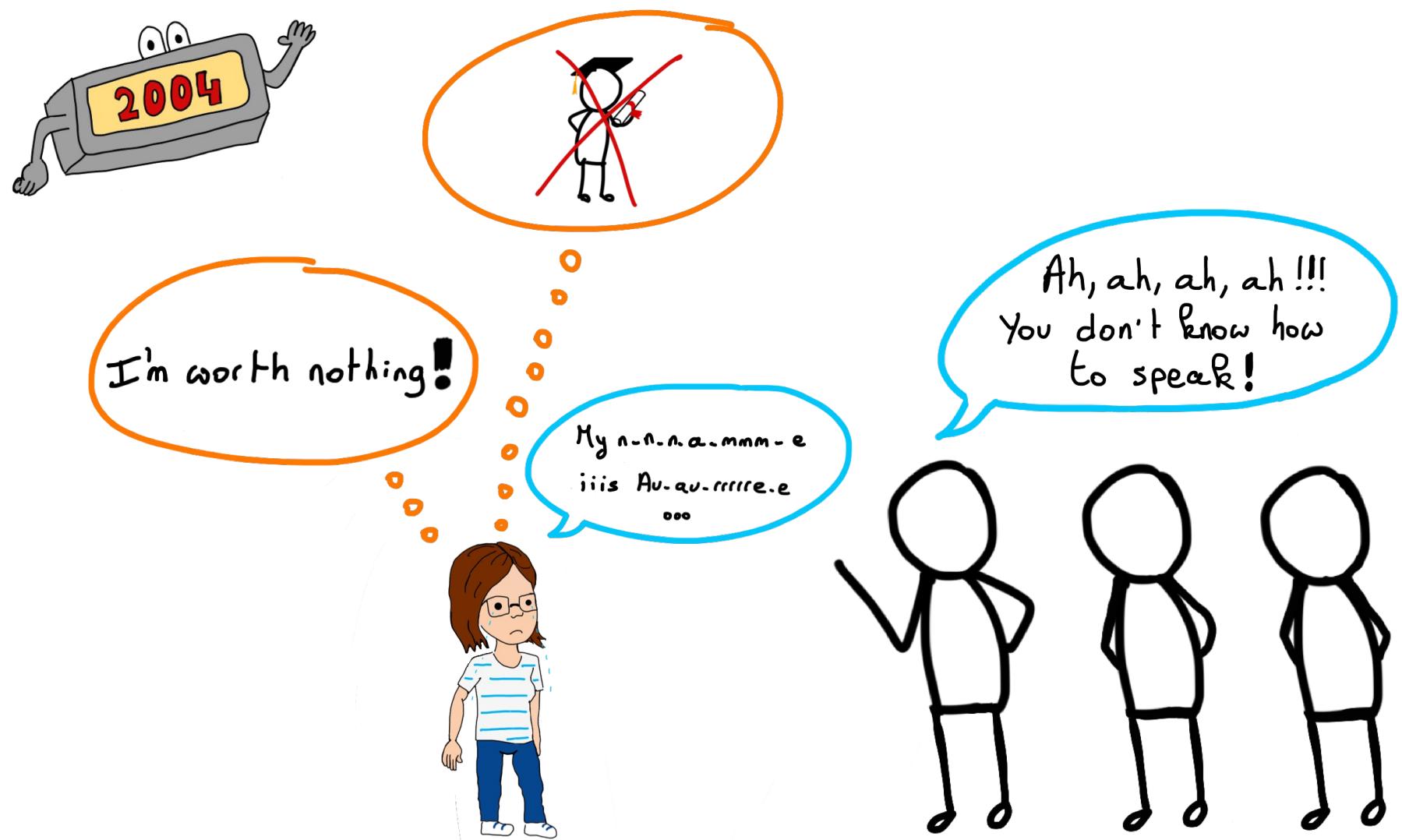
Take the opportunity to build skills.

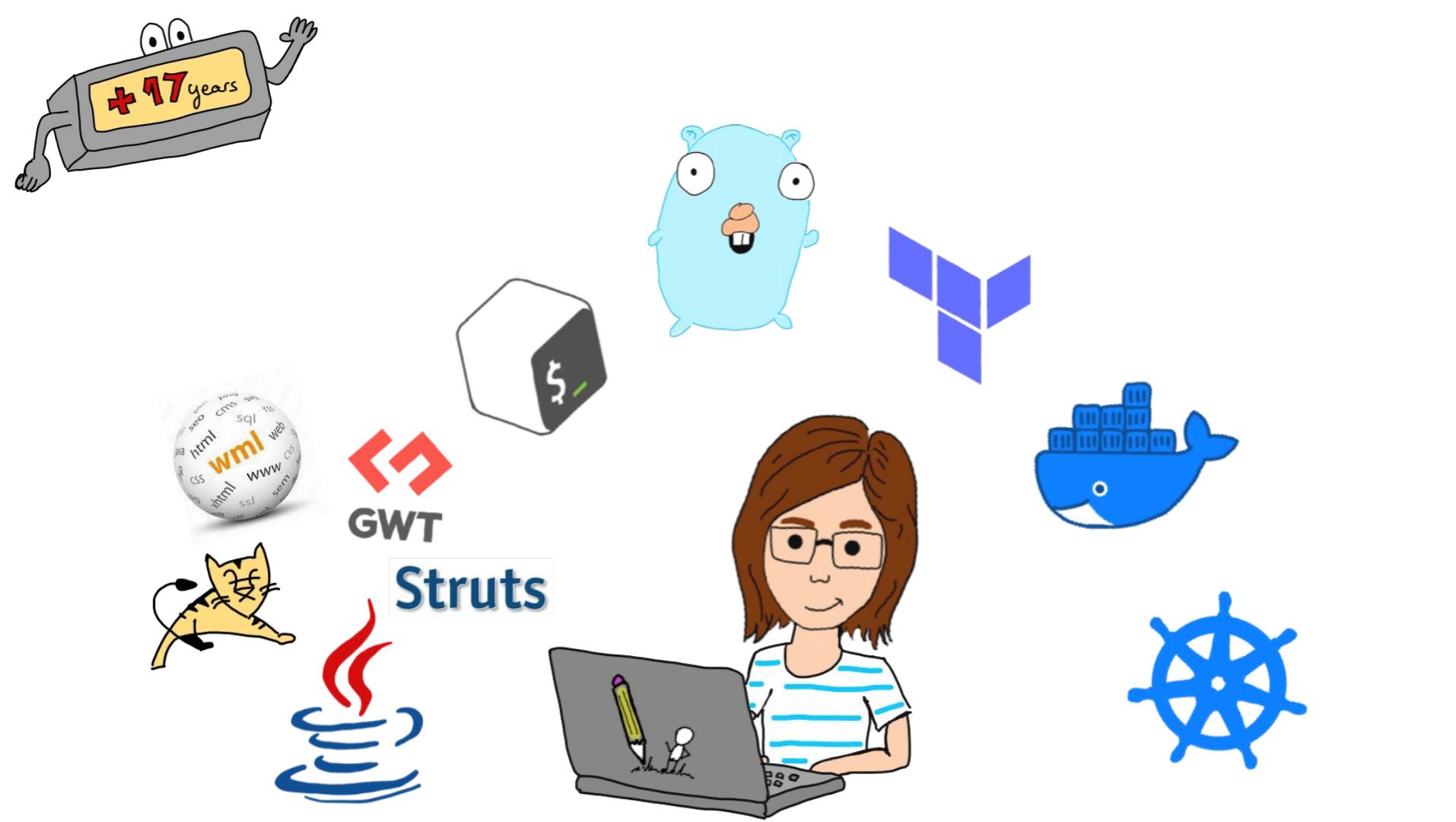




《REJECTION IS NOT A FAILURE》
CASTLE - SEASON 4 EPISODE 03

**"Rejection isn't failure. Failure is giving up.
Everyone gets rejected, it's how you deal
with it that determines where you'll end up."**







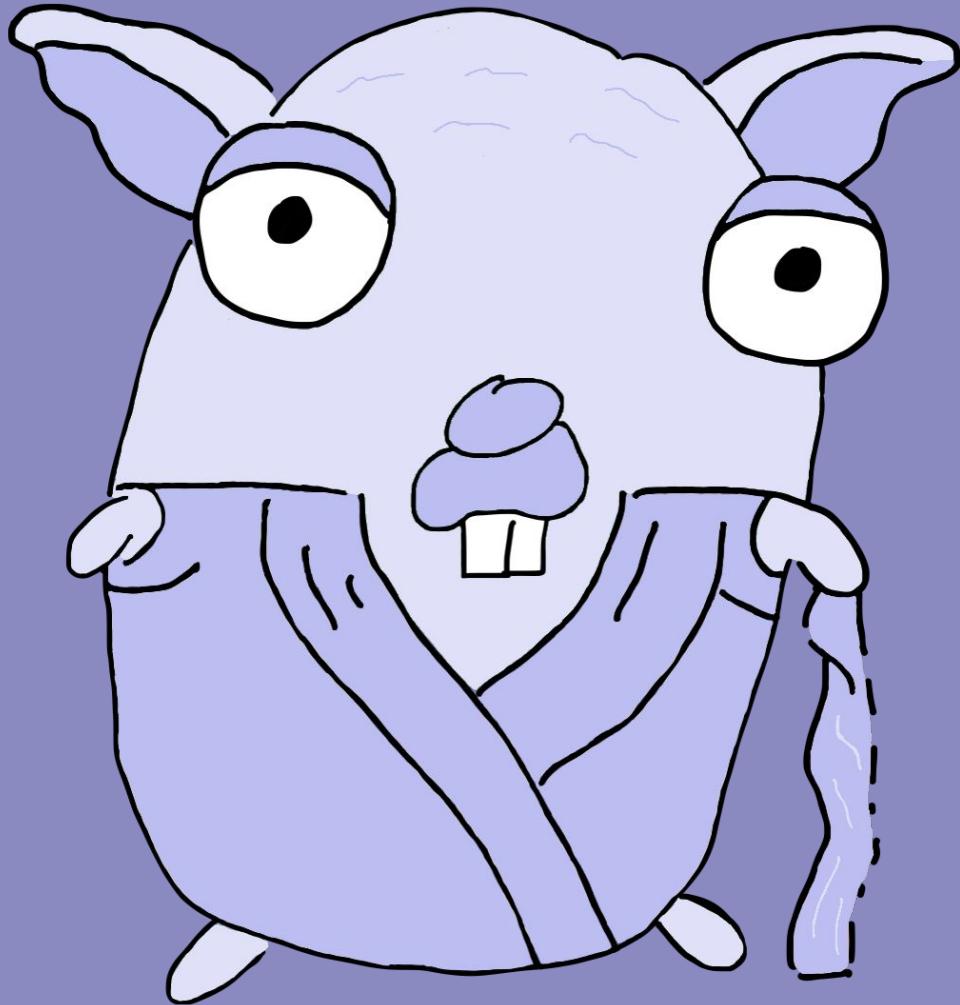
I never lose.
I either **win** or **learn**.

Nelson Mandela

It's called
"imposter syndrome"



9. BE PROUD OF
YOURSELF,
YOU HAVE TO



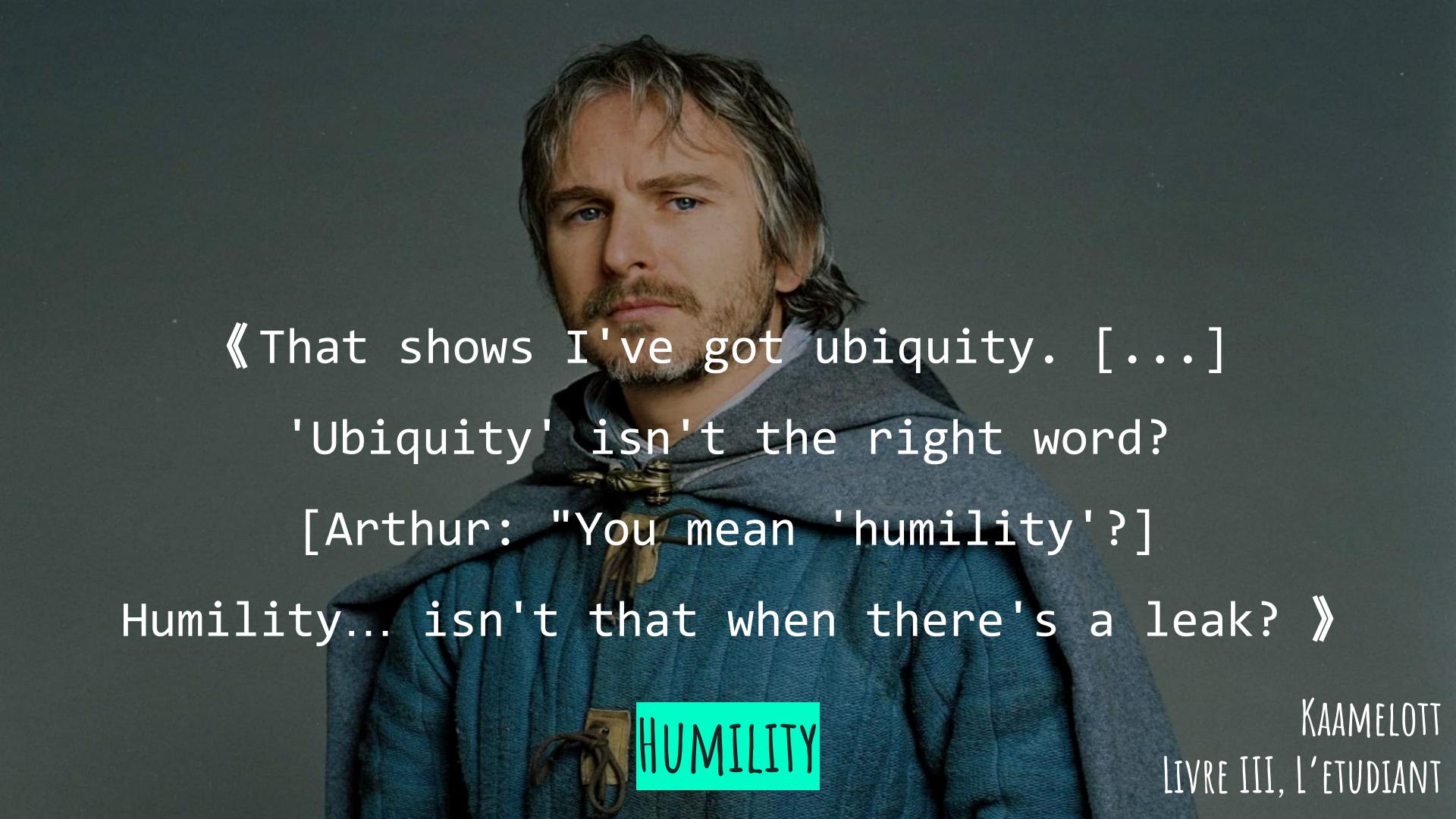


BE PROUD OF YOURSELF

We are all different.

Stop comparing yourself to others.
Dare to say out loud that you are
proud of yourself.

ADVANTAGES



« That shows I've got ubiquity. [...]
'Ubiquity' isn't the right word?
[Arthur: "You mean 'humility'?"]
Humility... isn't that when there's a leak? »

HUMILITY

KAAMELOTT
LIVRE III, L'ETUDIANT



CONTINUOUS IMPROVEMENT

Impostor = Not a fatality

Use it to improve and prove to yourself that you're good.

We learn by making mistakes, by exploring, by testing, by iterating.

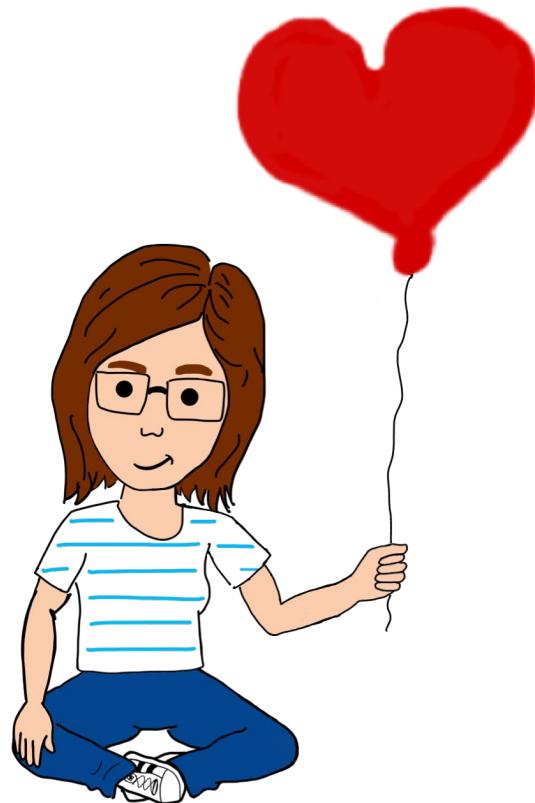
Allows you to gain confidence in yourself.

You Can Do It!



YOU ARE LEGITIMATE!

Thanks!





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<https://www.linkedin.com/in/aurelievache/>



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