

OVERCOMING IMPOSTER SYNDROME

ICEBREAKER

HAVE YOU EVER
DOUBTED YOURSELF IN A
WORK CONTEXT?

‘SOMEONE HELPED ME.’

‘I JUST GOT LUCKY.’

**‘ I FEEL LIKE I’M FOOLING
EVERYONE.’**

POLL RESULTS

WHO IS AFFECTED BY THE SYNDROME?



WHAT DOES IMPOSTER SYNDROME REALLY MEAN?



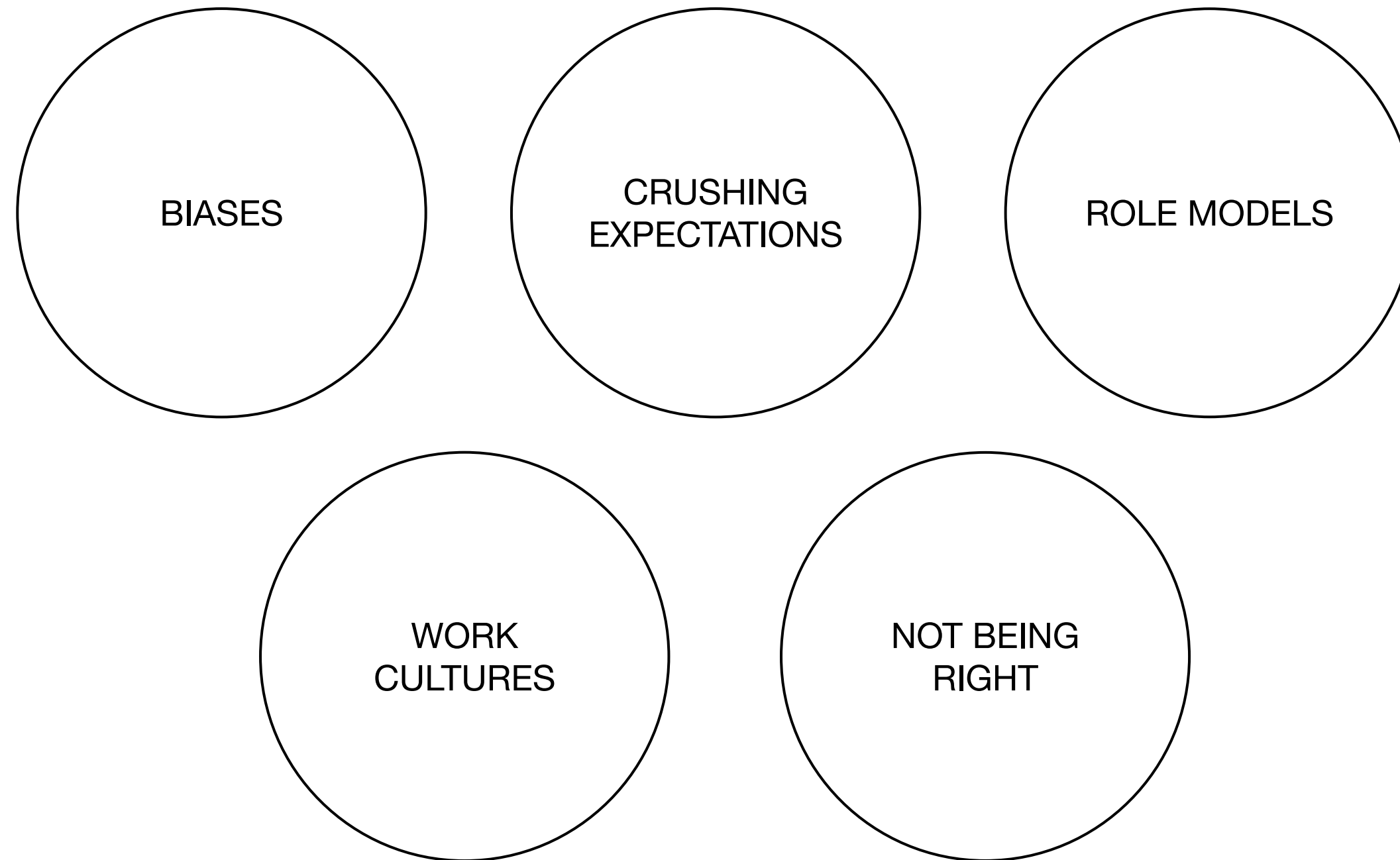
WHAT DOES IMPOSTER SYNDROME REALLY MEAN?



WHEN DOES IMPOSTER SYNDROME HAPPEN?

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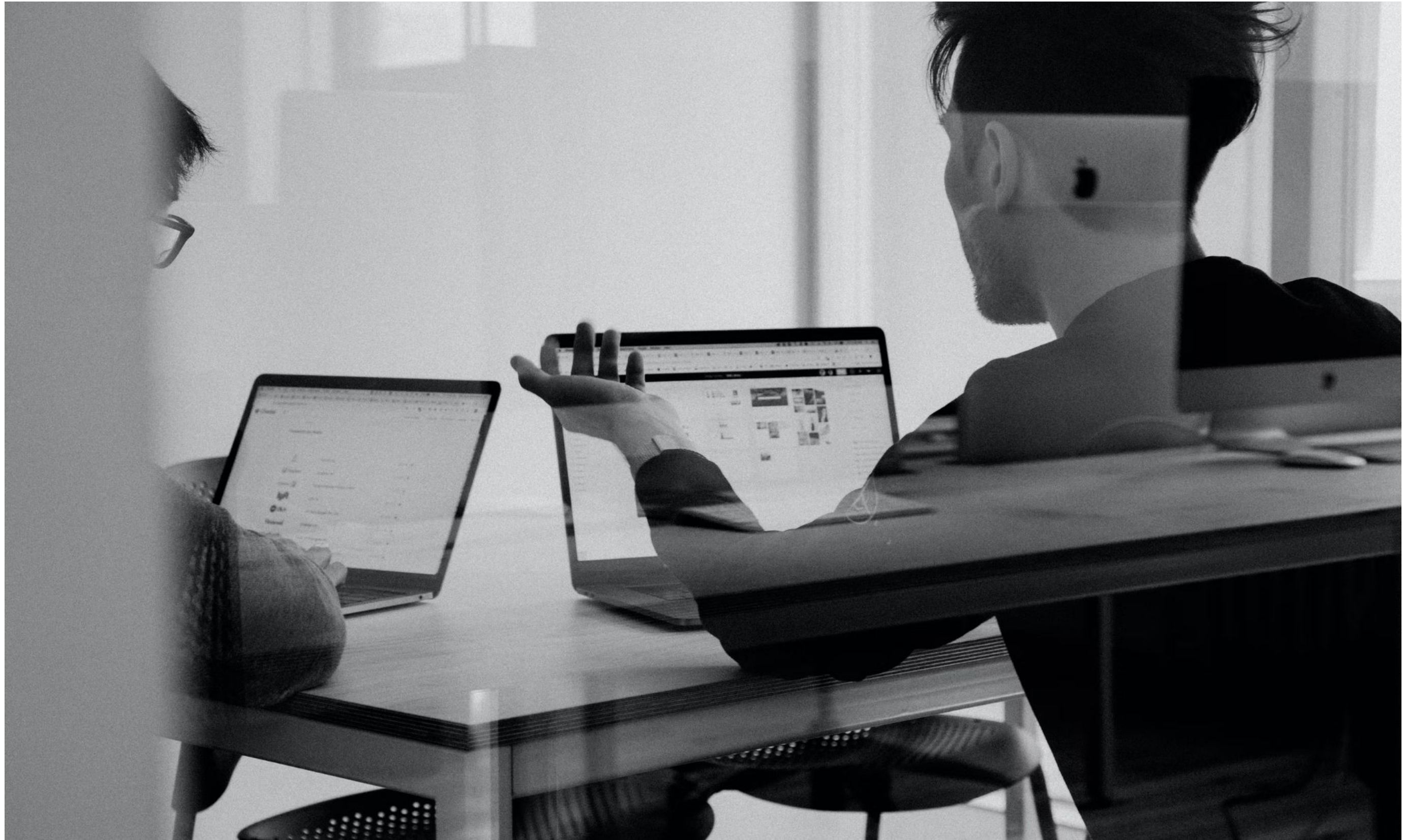
DUE TO BIASES



DUE TO TOXIC WORK CULTURES



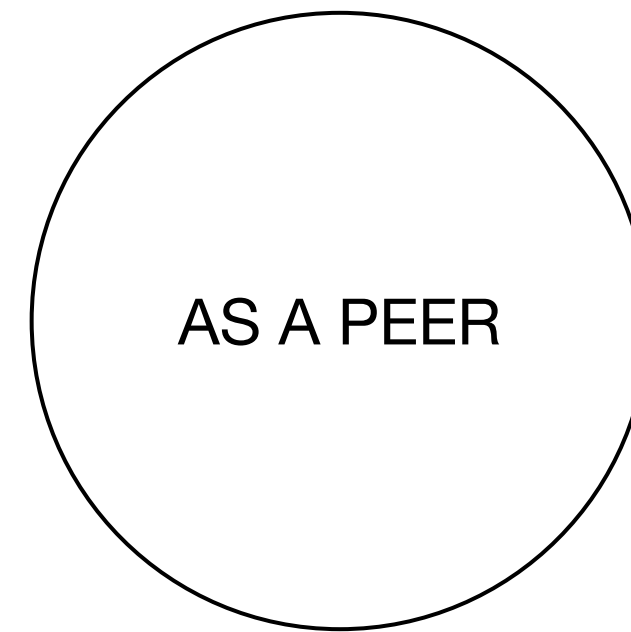
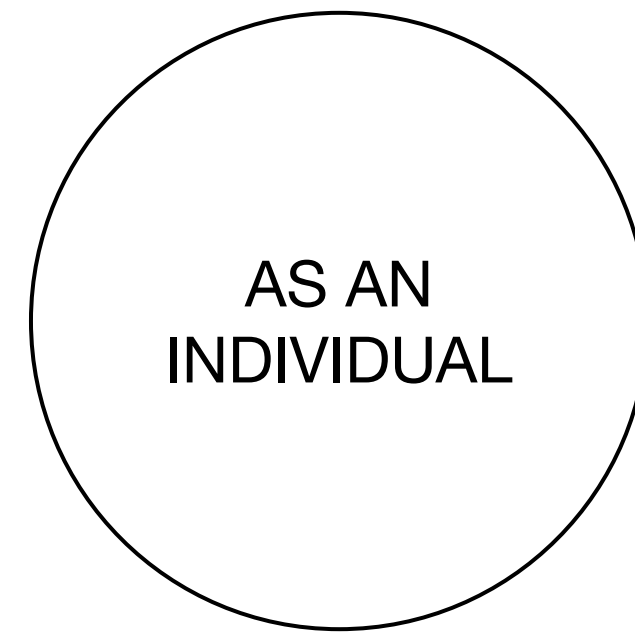
DUE TO THE LACK OF ROLE MODELS



DUE TO THE FEAR OF NOT BEING RIGHT



TOOLS

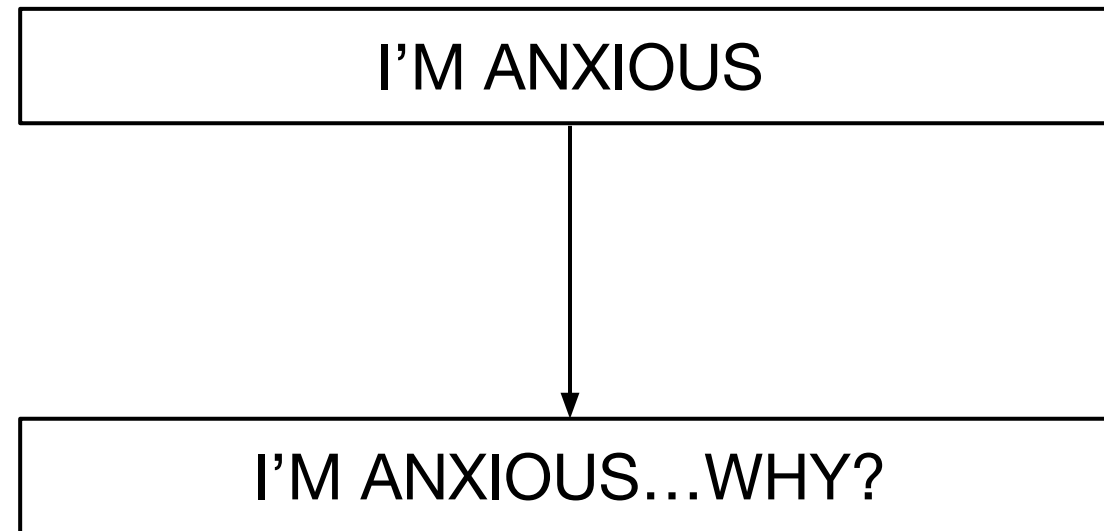


AS AN INDIVIDUAL

DOCUMENTATION



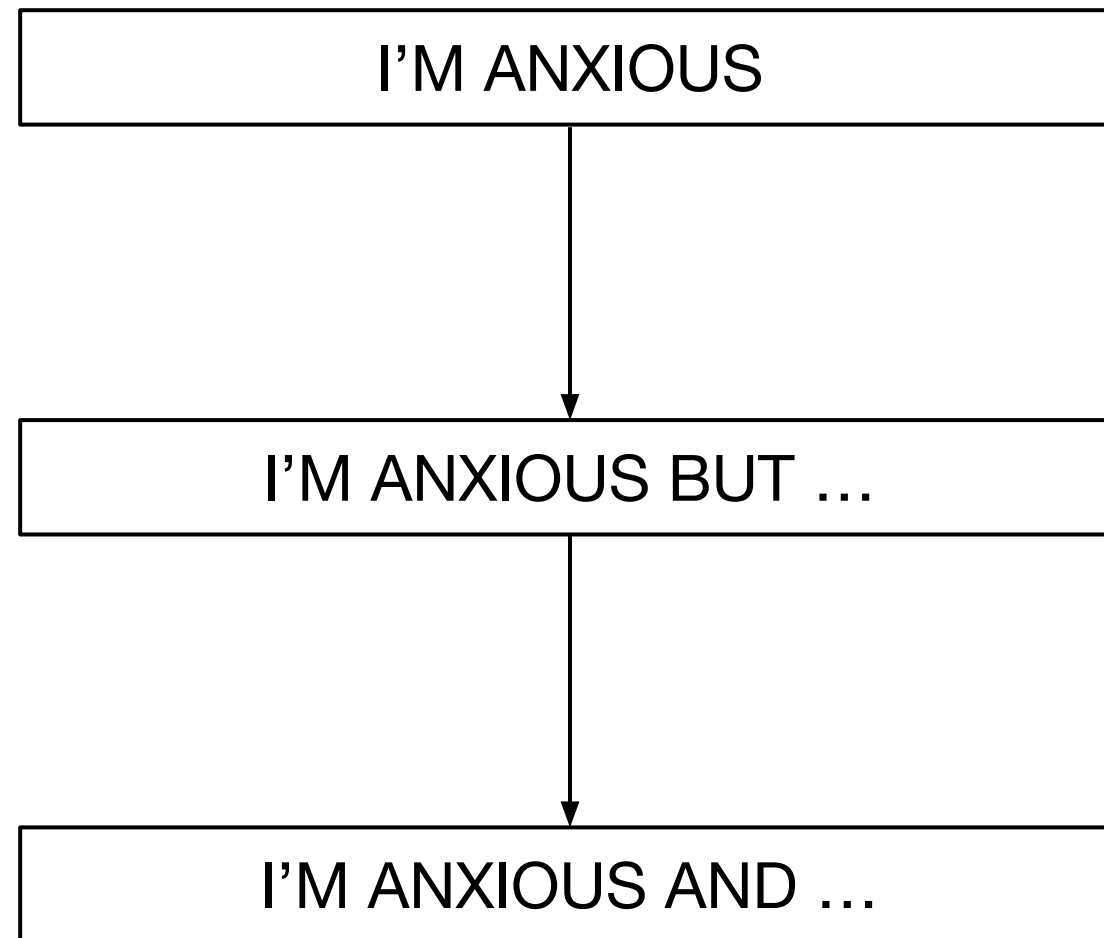
FACT CHECK YOURSELF



BE A FRIEND TO YOURSELF



REALISM



NO COMPARISONS



AS A PEER

TALK ABOUT IT



ENCOURAGE VULNERABILITY

ADMIT WHEN YOU DON'T KNOW SOMETHING

SHARE FEELINGS OF IMPOSTER SYNDROME

BE YOURSELF

NORMALIZING ERROR



OVERCOMING IMPOSTER SYNDROME

WORKSHOP

WORKSHOP

Discussion point:

What tool you have already used in your own experience and found helpful when dealing with feelings of imposter syndrome, high anxiety, or self doubt?

Activity:

- I Personal reflection
- II Group discussion - groups of 3 - 4
- IV Regroup - Callouts

Callouts:

Share the key elements that formed the basis of your discussion.

THINKING TIME (2 mins)

GROUP (10 mins)

REGROUP (15 mins)

CONCLUSION