**08/10/2020 Soft-Skill SIG Session on Self-Worth.**

Do you feel proud of what you've accomplished? Does each raise, promotion or accolade bring joy? Or is it accompanied by the dread that, one day, your cover will be blown, and everyone will find out that you just got lucky?

If you experience feelings of inadequacy and self-doubt, you will be in a great company during next SSS session. Let’s talk about it!

**Program**

0-5 min: Brief intro.

5-20 min: [Jacob Kaplan-Moss' keynote speech @Pycon 2015](https://www.youtube.com/watch?v=hIJdFxYlEKE#t=5m0s) (~ until 14:33)

20-60 min, Discussion and sharing time:

* + Why are we still stereotyping programmers as being “crappies” or “ninjas” when metrics show that performance follows a normal distribution?
  + What does it mean to be a good programmer? How do you assess the performance of others vs how do you assess your own?
  + Have you ever experienced the “little heater” voice in your head? Are you aware of how mind delusion tricks us projecting success on others, and double-projecting failure on us? Have you ever felt like a fraud waiting for being uncovered?
  + How self-worth syndromes can affect the eScience Center?
  + What we can do to remedy it?