

# SWING AWAY

**Conquering Impostor Syndrome**



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I'm Billy

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Giveaway

# OSINT Challenge

How many surgeries have I had?

What was the title of my first SE Village talk at DEF CON?

Can I solve a Rubik's cube?



# Impostor Phenomenon

1978, Dr. Pauline Clance and Dr. Suzanne Imes introduce the term “Impostor Phenomenon”

*Clance, Pauline R.; Imes, Suzanne A. (Fall 1978). "The Impostor Phenomenon in High Achieving Women: Dynamics and Therapeutic Intervention" (PDF). Psychotherapy Theory, Research and Practice.*



# How is this talk different

“It is estimated that nearly 70% of people will experience signs or symptoms of Impostor Syndrome.”

*Ravindran, Sandeep (November 15, 2016). "Feeling Like A Fraud: The Impostor Phenomenon in Science Writing". The Open Notebook.*



# Get Out of Your Head

## Self-Doubt Statements

- I'm not good enough
- They're smarter than me
- They're just lucky
- I was just lucky
- No one wants to hear my idea

# 1989





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*"If you're good  
enough to have a  
bat in your hands,  
you're good enough  
to swing it."*



2001





**INSIDER**  
SECURITY AGENCY

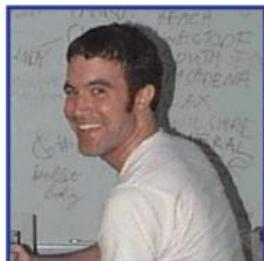


**HERO WORSHIP**



# @fuzzy\_logic's Top 8

Tom



( Online Now!

@HackingDave



( Online Now!

@humanhacker



( Online Now!

@\_sn0ww



( Online Now!

@RachelTobac



( Online Now!

@jayonstreet



( Online Now!

@HydeN\$33k



( Online Now!

@indi303



( Online Now!



**INSIDER**  
SECURITY AGENCY

**TROPHY HUNTING**



A man in a dark suit and red tie sits alone on a set of wide, light-colored stone steps. He is positioned in the center-left of the frame, facing away from the camera. His head is buried in his hands, which are clasped together over his forehead, conveying a sense of despair or deep emotional distress. The background consists of more stone steps and a metal railing on the left side.

**FEAR OF  
FAILURE**

BE HUMBLE

OR

GET HUMBLED



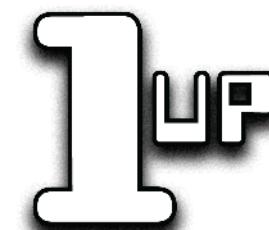
# Takeaways

What would Babe Ruth do?

Avoid Hero Worship, Trophy Hunting, and the Fear of Failure

Get Involved

Find an External Power-Up



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enough to have a  
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