

A black and white photograph of a person's arm holding a baseball bat. The bat has a textured, scale-like pattern. The person is wearing a light-colored shirt and dark pants. The background shows a baseball field with a chain-link fence, some trees, and a hill in the distance.

Swing Away: How to Conquer Impostor Syndrome

Billy Boatright
Insider Security Agency

I'm Billy

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Impostor Syndrome

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.

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1989



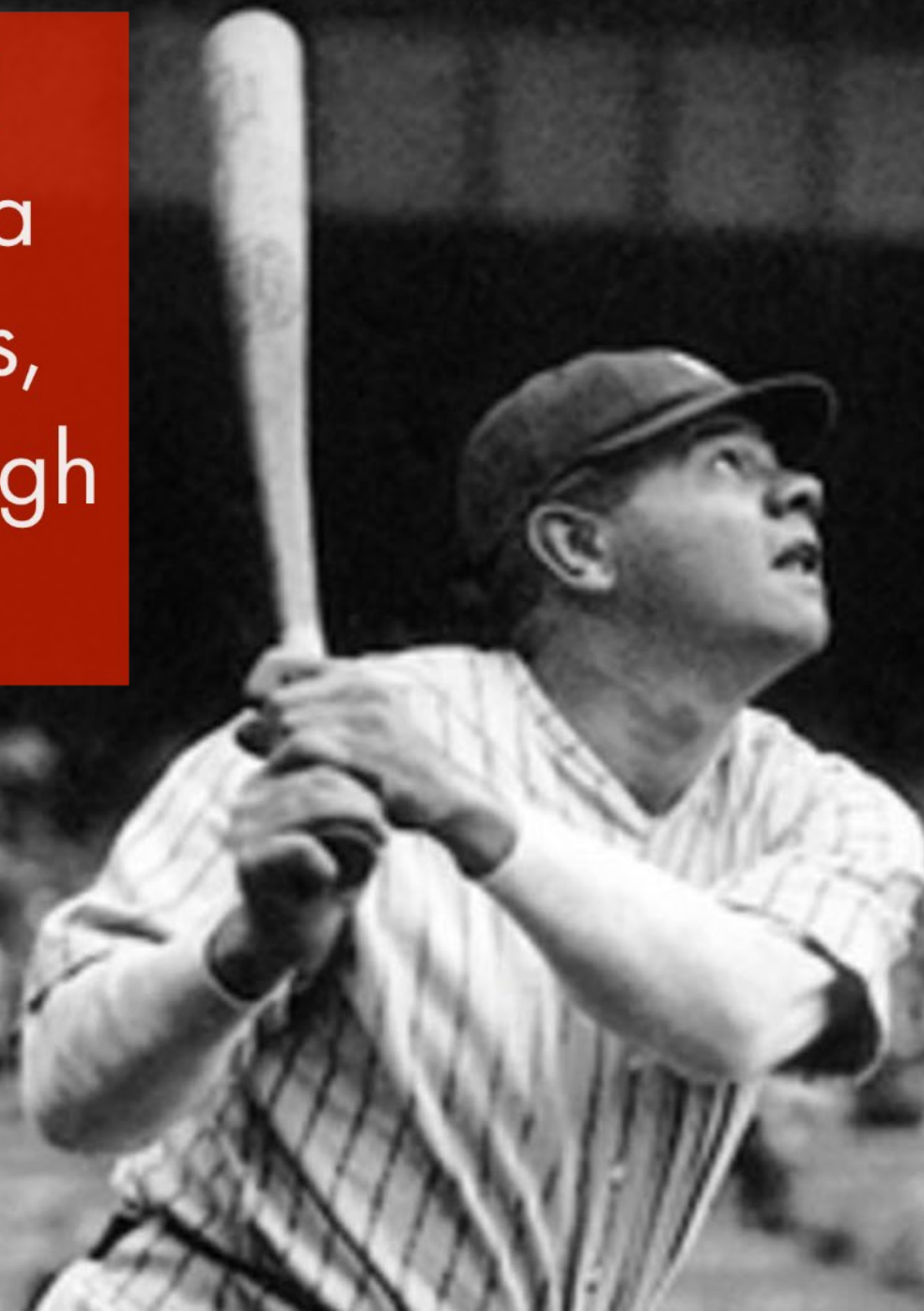
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“If you’re good enough to have a bat in your hands, you’re good enough to swing it.”





2001





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DEFCON 19

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HERO WORSHIP

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@fuzzy_l0gic's Top 8

Tom



 Online Now!

@HackingDave



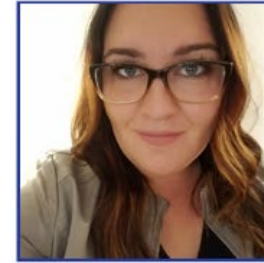
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@humanhacker



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@_sn0ww



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@RachelTobac



 Online Now!

@jaysonstreet



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@HydeNS33k

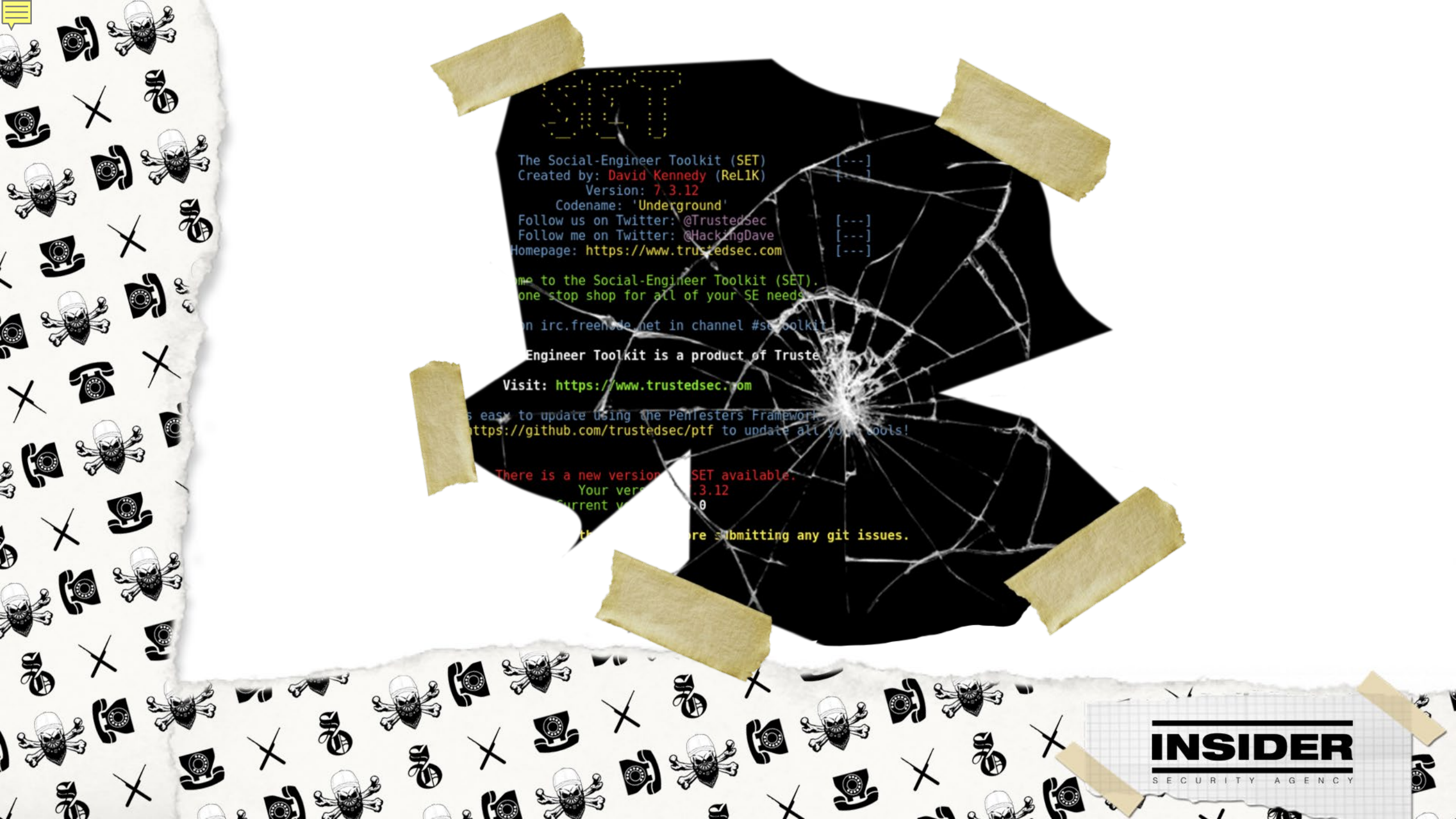


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@indi303



 Online Now!



SET

The Social-Engineer Toolkit (SET) [---]
Created by: David Kennedy (ReL1K) [---]
Version: 7.3.12
Codename: 'Underground'
Follow us on Twitter: @TrustedSec [---]
Follow me on Twitter: @HackingDave [---]
Homepage: <https://www.trustedsec.com> [---]

Welcome to the Social-Engineer Toolkit (SET).
One stop shop for all of your SE needs.

Join us on irc.freenode.net in channel #setoolkit

The Social-Engineer Toolkit is a product of TrustedSec

Visit: <https://www.trustedsec.com>

It's easy to update using the PenTesters Framework!
<https://github.com/trustedsec/ptf> to update all your tools!

There is a new version of SET available.
Your version: 7.3.12
Current version: 7.3.12

Thank you for using SET. We are submitting any git issues.

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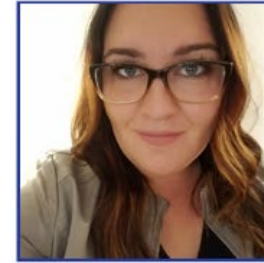
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Subjective Activities

SECTF

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Takeaways

What would Babe Ruth do?

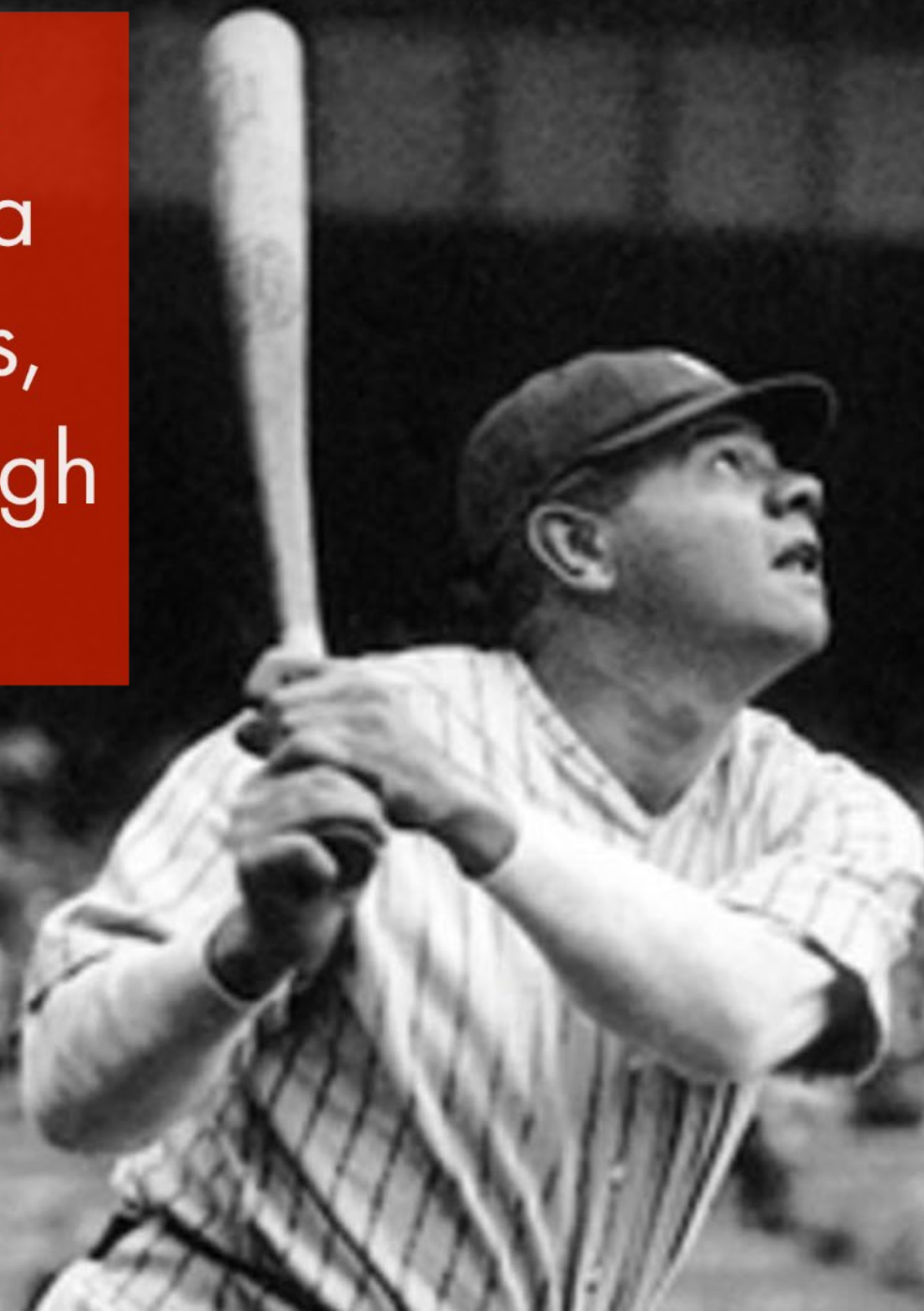
Avoid Hero Worship

Get Involved

Find an External Power-Up

1UP

“If you’re good enough to have a bat in your hands, you’re good enough to swing it.”





Contact

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IG - @social_operator

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