



# Swing Away: How to Conquer Impostor Syndrome

Billy Boatright  
Insider Security Agency

I'm Billy

@fuzzy\_l0gic – Twitter  
@social\_operator - IG



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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.*

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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# DEF CON 19



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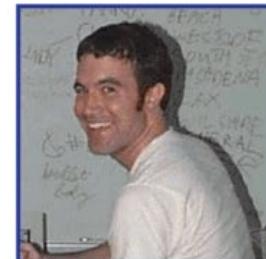


# HERO WORSHIP

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# @fuzzy\_l0gic's Top 8

Tom



( Online Now!

@HackingDave



( Online Now!

@humanhacker



( Online Now!

@\_sn0ww



( Online Now!

@RachelTobac



( Online Now!

@jaysonstreet



( Online Now!

@HydeN\$33k

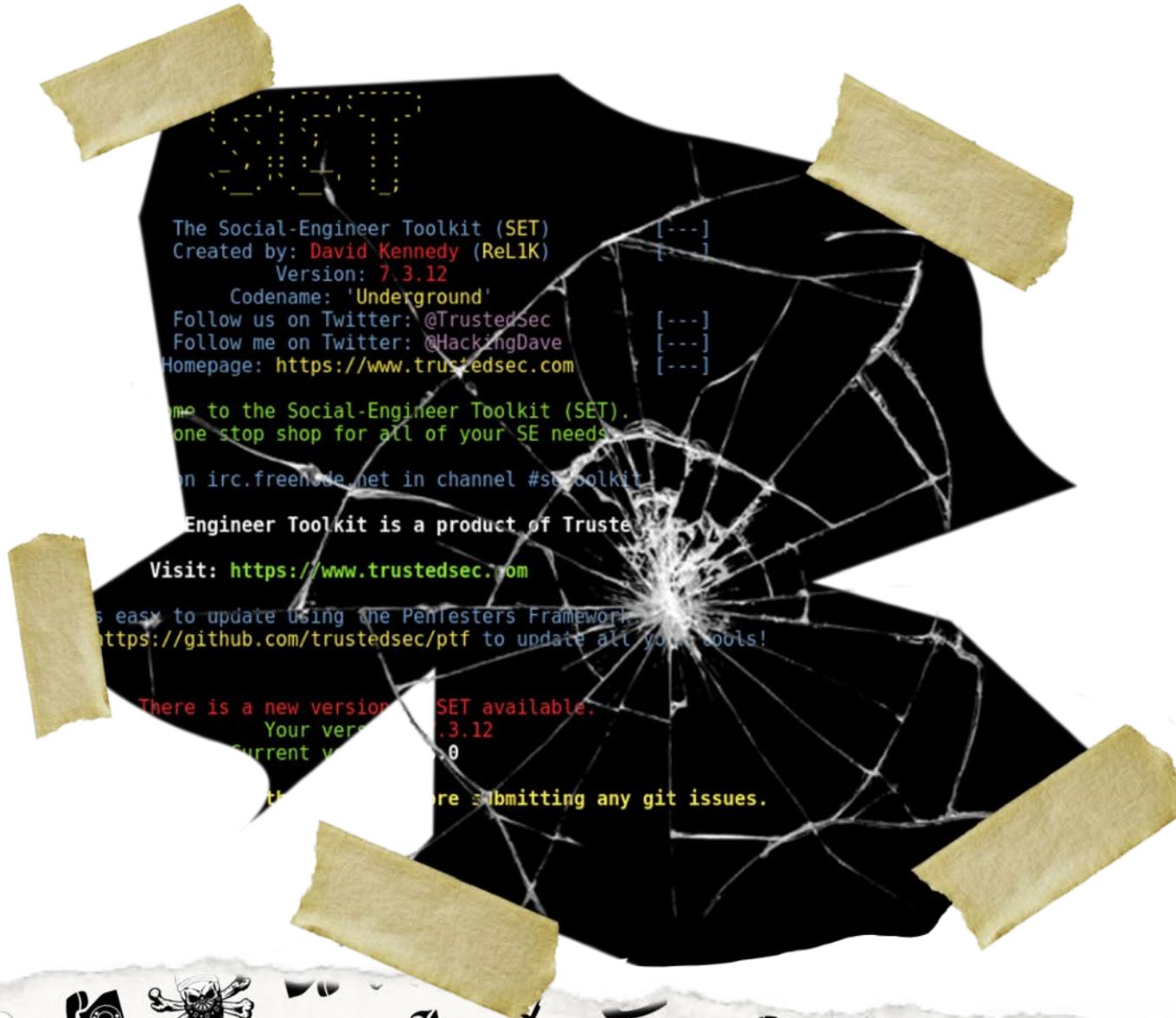


( Online Now!

@indi303

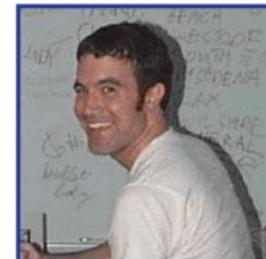


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( Online Now!

# Subjective Activities

SECTF

CFP

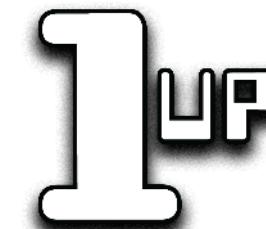
# Takeaways

What would Babe Ruth do?

Avoid Hero Worship

Get Involved

Find an External Power-Up





"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

