

Are you an impostor?

An impostor syndrome breakdown

Hi, I'm Flavien Knuchel

Web Developer @ **Antistatique**



React



GraphQL



Redux



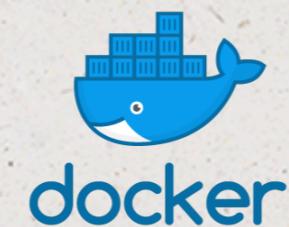
Mobx



Symfony



Symfony
core contributor



docker



Twig



Gutenberg

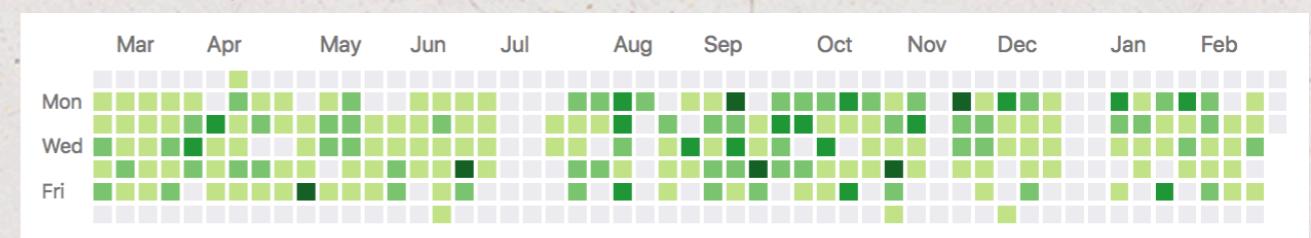


WORDPRESS



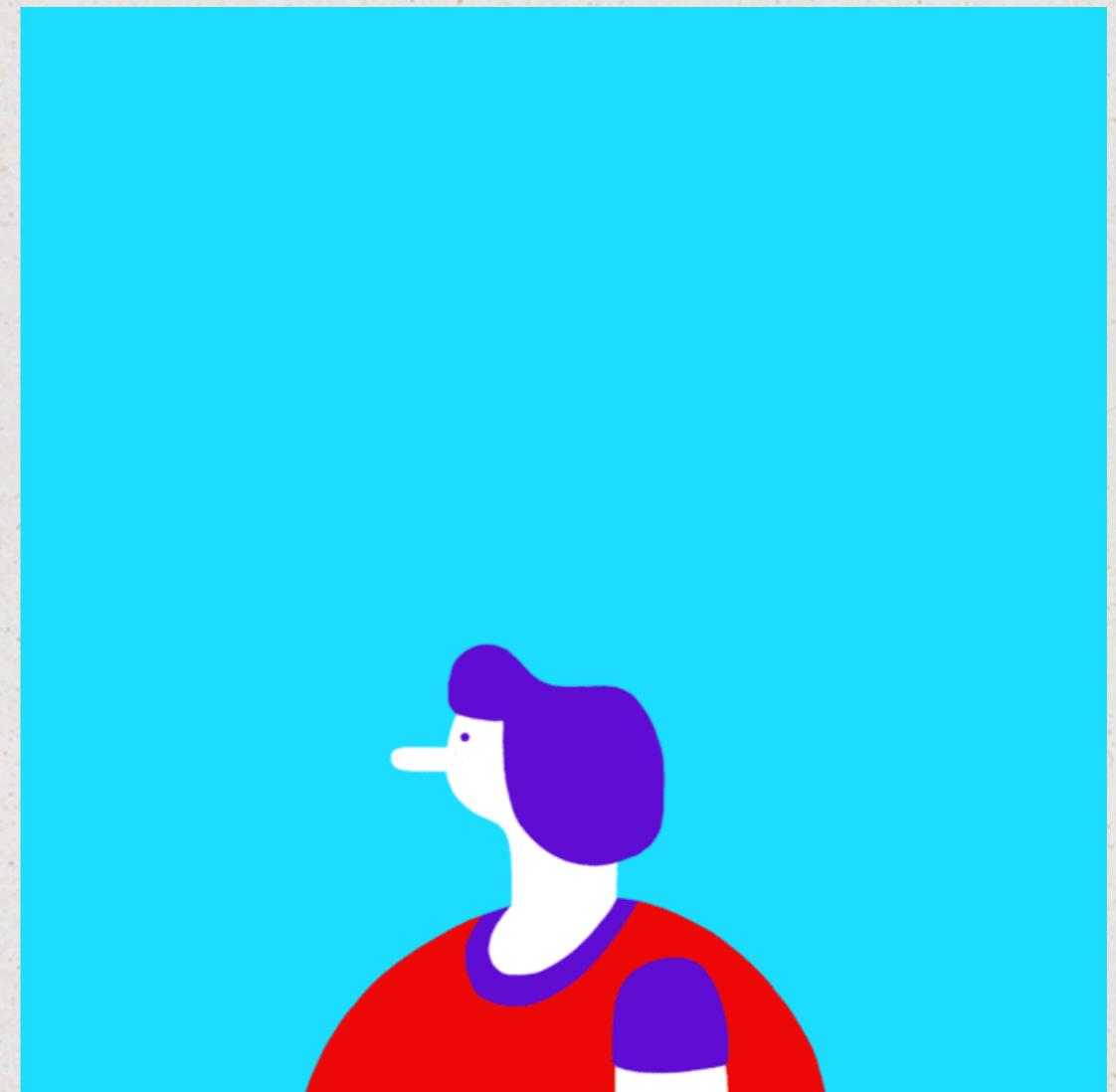
github.com/knuch

2,469 contributions in the last year



The impostor syndrome

- What is it?
- Influential factors
- Why do you feel it?
- The dangers
- The upsides
- Make it a strength
- The other side of the fence
- Help others



— What is it?



1978

Pauline Rose Clance & Suzanne Imes

The Imposter Phenomenon in High
Achieving Women: Dynamics and
Therapeutic Intervention



I DIDN'T DO ENOUGH.

imgflip.com

You did so much.

A Venn diagram consisting of two overlapping circles. The left circle is solid black and contains the white text "What you know". The right circle is white with a black outline and contains the black text "What others know". The two circles overlap in the center.

What you
know

What others
know

What you know

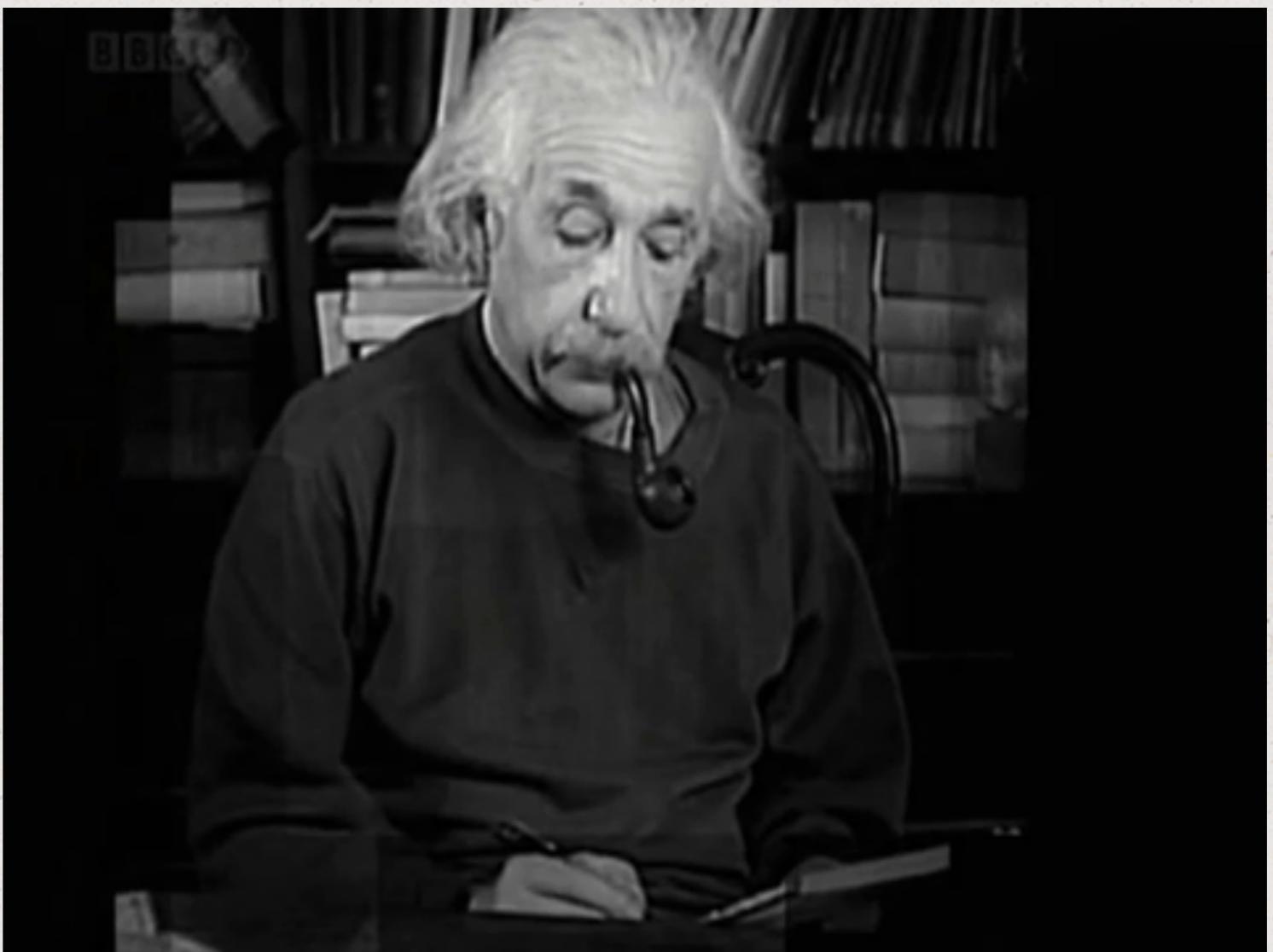
What others know

A Venn diagram consisting of two overlapping circles. The left circle is solid black and contains the white text "What you know". The right circle is white and contains the black text "What others know". The two circles overlap in the center.

What you
know

What others
know

70%



– Influential factors



Warm for
Daily Stay

Be the different

POSITIVE
EY MOMENT

HAPPY IN THE WORLD



Perfection.













A composite image. On the left, a close-up of Will Smith's face, looking shocked or surprised. On the right, a background of a computer screen displaying a large amount of colorful, abstract code or data, possibly from a debugger or a terminal window.

— Why do you feel it ?



A photograph of a person sleeping peacefully in a bed. The person is covered with a light-colored duvet and a red blanket. The scene is set in a dimly lit room, suggesting a quiet night's sleep.

**GET OUT OF YOUR
COMFORT ZONE**



I have no idea what I'm doing

— The dangers

WORK HARDER



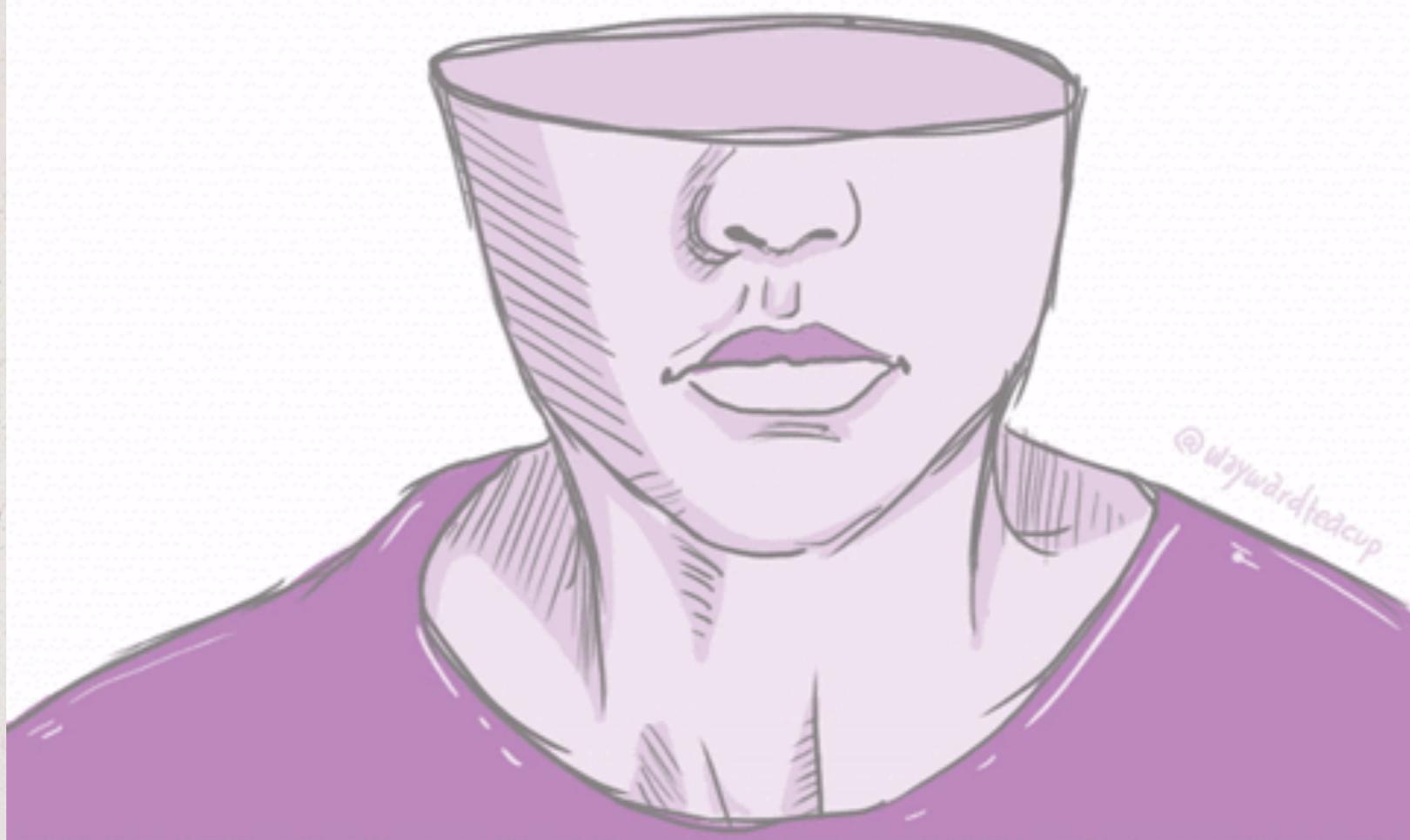
**THE IMPORTANT
THING IS THAT**



**I BELIEVE
IN MYSELF**



— The upsides





— Make it a strength

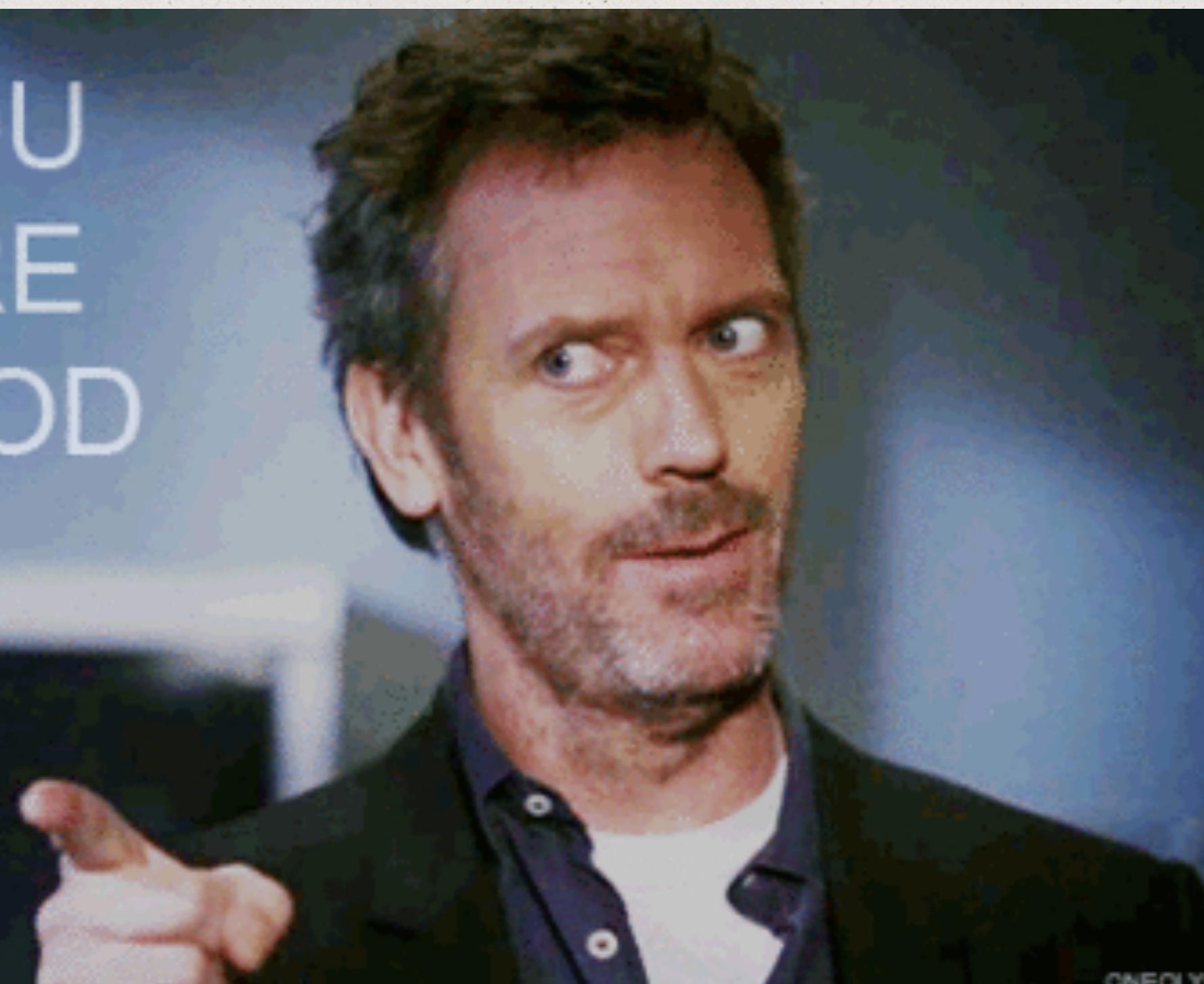








YOU
ARE
GOOD



ONEONLYCHANCE.TUMBLR



– The other side of
the fence



THERE IS NO NEED TO BE UPSET







**PERHAPS I COULD BE OF SOME
ASSISTANCE.**

– Help others





@LateNightSeth

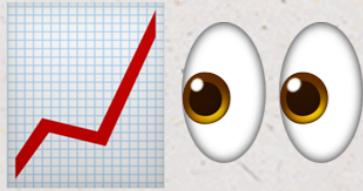




– I may have lied to
you

Actually, I'm Flavien Knuchel

Impostor @ **Antistatique**



— Takeaways

- Everybody has this syndrome
- Everybody cheats and take shortcuts
- You don't have to perfect, nobody is
- Talk to people you trust, ask them feedback
- Learn your strength and weaknesses
- If you feel it, you are progressing
- Don't let it ruin your life. Take action
- Be honest about your flaws of weaknesses
- Give encouragment, compliments and praises

— Questions ?

— Tank you  

You are awesome

Let's share a drink!  