

Imposter Syndrome



Goals

- What is Imposter Syndrome
- How to overcome it
- Other critical analysis

The Imposter Experience



- “I feel like a fake”
- Discounting praise
- Perfectionism
- Undermining one’s own achievements

How to Overcome It

- Notice it
- Welcome it
- Ignore it
- Analyze it

Should we overcome it?

- Is overconfidence required?
 - What does it look like to safely acknowledge and accept valid self doubt without ceding power or position?
- How are imposter syndrome and stereotype threat related?
- How does one create a space less likely to result in participants feeling like imposters?

Resources

Imposter Syndrome is not just a confidence problem <<https://medium.com/@aliciatweet/impostor-syndrome-is-not-just-a-confidence-problem-dea670e59f6e>>

- By Alicia Liu

Thanks

- Twitter: @megthedeveloper



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