**Website Title:**  
Overcoming Imposter Syndrome  
  
**Description:**  
This website will provide an introduction of Imposter Syndrome and why it’s important. We will provide reasons for feelings of imposter syndrome and how to identify when it happens with examples. Lastly, we will provide how we can provide support with resources and strategies for how to overcome it.  
  
**Target Audience:**  
New employees as part of their onboarding training  
  
**Learning Objectives:   
​**1. Learners will be able to define Imposter Syndrome and 3 reasons why it's important  
2. Learners will be to recognize reasons for imposter syndrome with employees and identify when it happens  
​3. Learners will be able to identify 3 ways to provide support with resources or coping strategies

Navigation: I will provide a table at the top with hyperlinks to the individual page which provides further information on content, media, and interactions.

1. Main Page
2. Imposter Syndrome & Why It’s Important
3. Reasons for I.S. and When It Happens (issigns)
4. I.S. Types
5. Providing Support and Coping Strategies (coping)
6. Resources

Main Page

* Content: What is Imposter Syndrome?
* Media: Picture Representing Imposter Syndrome
* Interactions: Changes to ???’s when hovering over pic

Imposter Syndrome & Why It’s Important

* Content: Imposter Syndrome defined; 3 Reasons Why It’s Important
* Media: Mostly words and a Picture
* Interactions: Collapsible Sections when clicking on the reasons

Reasons for I.S. and When It Happens

* Content: Reasons for I.S. and When It Happens
* Media: External video (iFrames) and text
* Interactions: Playable video and collapsible sections
* media, interactions, content summary

Coping Strategies

* Content: Coping Strategies
* Media: Picture Representation and changing text
* Interactions: when clicking on pictures, provide additional information

Resources

* Content: Resources to assist with Imposter Syndrome
* Media: embedded PowerPoint (jquery)
* Interaction: hyperlinks

What is imposter syndrome and how can you combat it

<https://youtu.be/ZQUxL4Jm1Lo>

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Ted-Ed

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The imposter syndrome

The School of Life Produced in collaboration with Zedem Media

<https://youtu.be/eqhUHyVpAwE>

6 Signs You Might Have Impostor Syndrome

Psych2Go

<https://youtu.be/xvGawC0eS4w>

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Reference

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Images:

Creative Lix Question-marks

https://creativelix.com/question-marks-the-origins/