Overcoming Imposter Feelings Roadmap

RECOGNISE THE PATTERN. RECLAIM YOUR PLACE.

Imposter Syndrome Feelings

Recognise imposter feelings and understand why they don't mean what you think they mean

It's Not You, It's the System

Understand how bias shapes who gets to feel like they belong and how to tell self-doubt from evidence.

The Story You Tell About Your Success

Notice the story you tell about your own success, and how to notice when it leaves you out.

Make Friends With Your Inner Critic

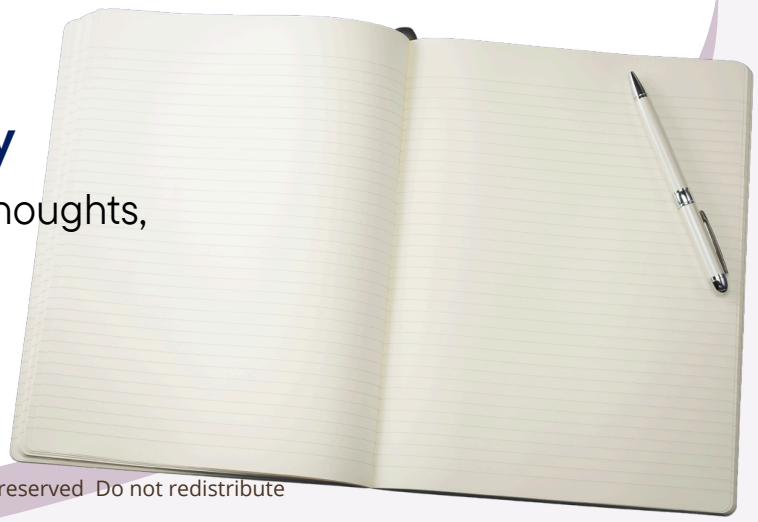
Discover what your inner critic is protecting and how to turn it into a friend and ally.

When It Happens Again

Bring the module together, name your triggers, and leave with a plan for exactly what you'll do next time.

Plot your map. Record your journey

As you work through this module record your thoughts, insights and plans for the future.



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Your roadmap to building self-awareness, clarity, and confidence.

Introduction: Why This Matters

Before we make confident career decisions or lead others, it helps to understand ourselves — and Imposter Feelings can be the thing that gets in the way.
It's frustrating, it's not logical and it really stops us enjoying our success.

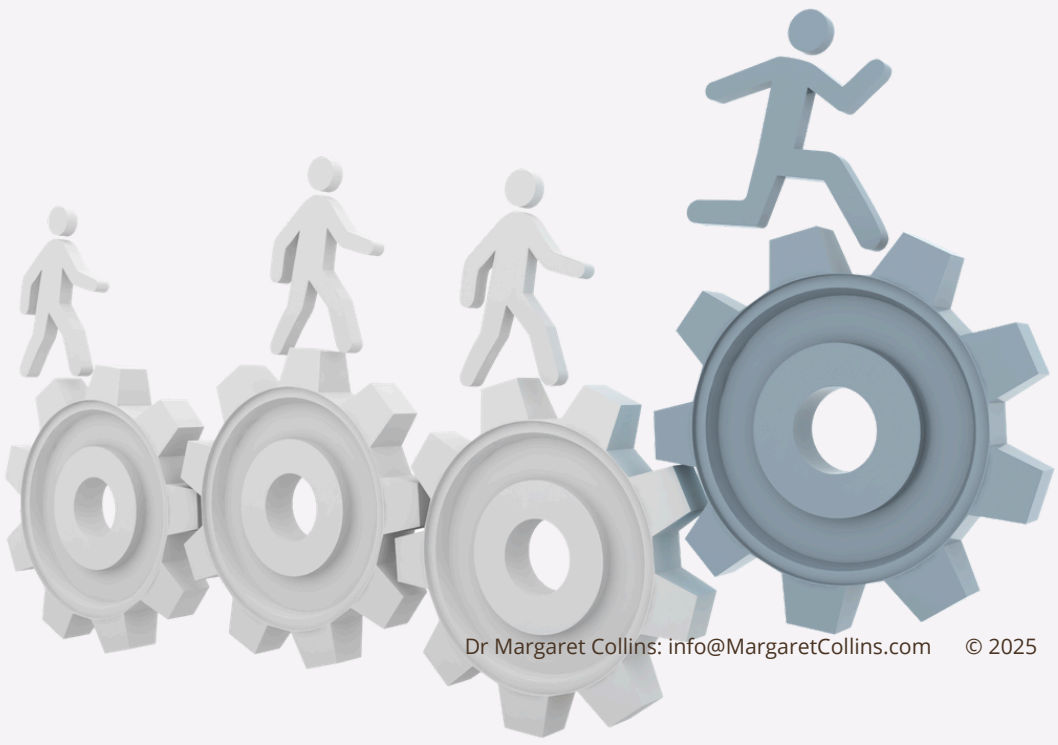
This module helps you recognise those feelings for what they are and build practical tools to stop them holding you back.

> *You know your achievements are real.*
> *You still can't quite believe it.*

If you have worked through the Self-Discovery module, keep your values and strengths close. Much of this work is about reconnecting your achievements with the person who earned them, not just the outcome that describes them.

If you have not yet completed that module, the Values and Life Map lessons are worth returning to afterwards.

Several situations you will examine here, being questioned in a meeting, presenting your work, receiving feedback, connect directly to Communicating Assertively and Setting Boundaries. You may find it useful to work through that module alongside this one.



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How to Use This Module

You can move through the lessons in sequence or dip into the ones that feel most relevant to you right now.
Every lesson gives you one thing to put into practice immediately, a script, a reframe, a question, so you don't need to finish the whole module before something changes.

Keep a notebook or digital journal handy. Many people return to these reflections throughout their coaching or development journey — your answers are likely to evolve as you do.

Lesson Flow

Lesson 1: Imposter Syndrome Feelings: What, Who and Why
Recognising imposter feelings for what they are: a common, human response, not a sign that something is wrong with you or confirmation that you lack ability.

Lesson 2: It's Not You, It's the System
Explore how unconscious bias shapes who gets to feel they belong.
Honestly, sometimes it’s not you, it is the system.

Lesson 3: The Story You Tell About Your Success
Notice the story you default to when explaining your own success, undervaluing, crediting success to others or waiting anxiously for it to be taken away.
Change that with two simple words.

Lesson 4: Making Friends With Your Inner Critic
Your self-critical voice developed to keep you safe. It reveals what you genuinely value. This lesson explores where the inner critic comes from and how to turn its harshest message into a sentence you can say with confidence, in an interview, a funding application, or a viva.

Lesson 5: When It Happens Again
Add one missing tool: a way to map your own specific triggers and an implementation intention, a simple "if this, then that" plan.
This pulls your pattern, your system-check, your script and your values statement into one sentence you can rely on the next time it happens.

Your Outcome

By the end of this module, you’ll:

- Recognise your own imposter patterns and situational triggers.
- Distinguish personal doubt from structural bias.
- Notice the story you tell about your own success and receive credit well.
- Turn your inner critic's message into something you can say with confidence.
- Walk away with a decided plan, an implementation intention, for the next time it happens.

None of this was ever really about confidence for its own sake.
It was about making sure the contribution you already have to give is delivered and actually reaches the room.

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