

Overcoming Imposter Syndrome Feelings minicourse

Imposter Syndrome: not believing my achievements are due to my ability
a persistent fear of "being found out"
struggling to believe I'm good enough at what I do

Module 2: Imposter Syndrome Sources

People with imposter feelings often have common experiences which include:

- Likely to be or to feel different
- Experience of unconscious bias (especially in the workplace)
- "Imposters" think about themselves differently...

Being different can take many forms:

- the first
- somehow different – a square peg in a round hole
- in a creative or isolated position?

Being/feeling different or experiencing unconscious bias often creates a sense that
"I don't belong here" or "I'm a complete fraud and they'll soon find me out!"

People with Imposter feelings are often fearful that they will be found out, over-credit others for their contributions and minimise the significance of their achievements.

Take some time now to write down your thoughts or journal:

- Am I different – do I feel different – what stories do I own?
- What are my habitual thoughts about my achievements?
- How do "Perfectionist, Pusher, Pleaser and Inner Critic" drive me, my thoughts, feelings and actions?