

Overcoming Impostor Syndrome

Tanya Livesey

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NO ORDINARY

Overcoming Impostor Syndrome

What We'll Cover Today:

1. What it is
2. Who suffers from it
3. What causes it - 5 key culprits
4. The impact of Impostor Syndrome
5. How to tackle it



What is Impostor Syndrome?

NO ORDINARY

Fear Of Being Found Out

(FOBFO)

NO ORDINARY

Are you an Impostor?

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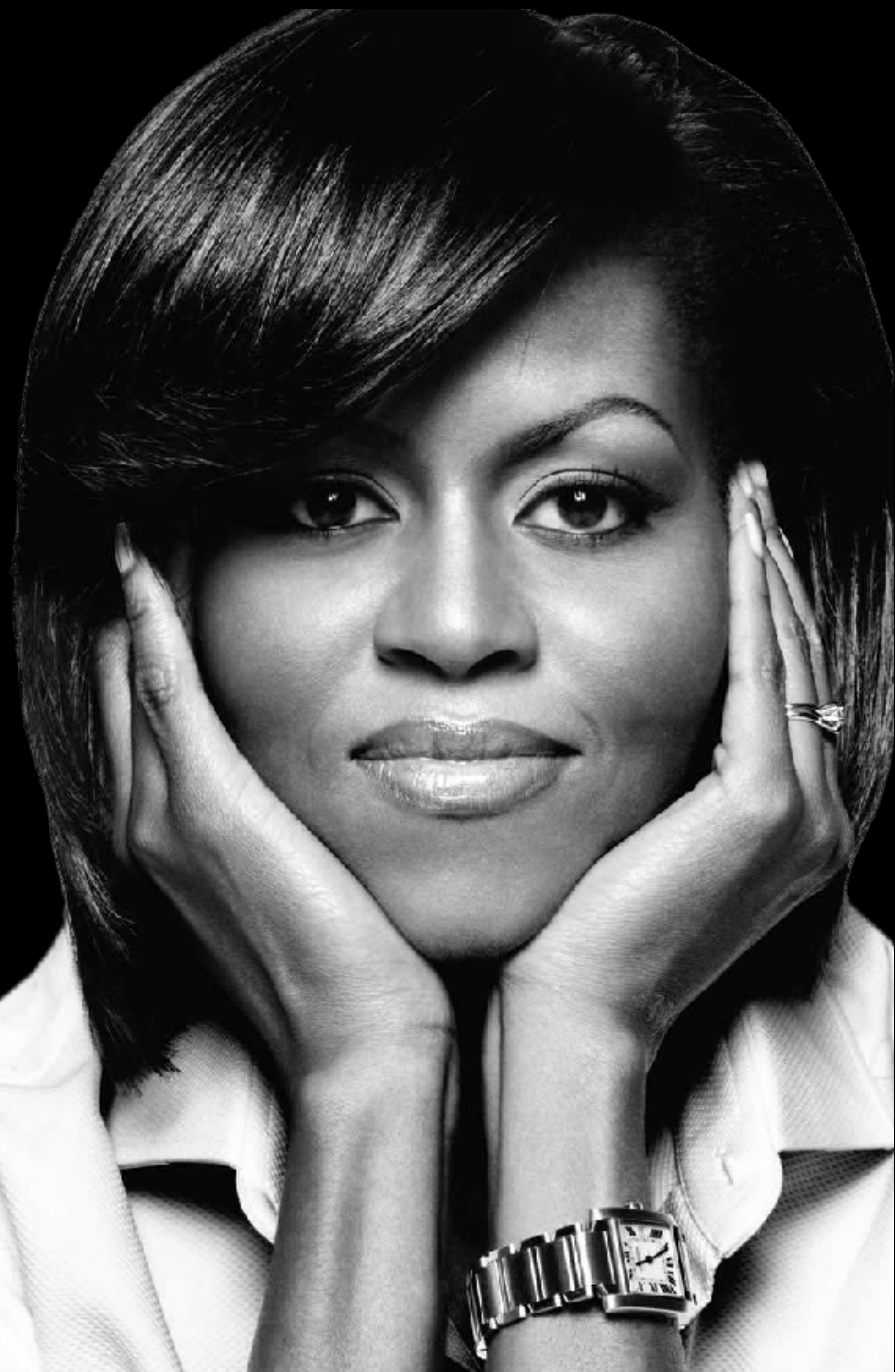
Are you an Impostor?

Exercise: Poll

1. Do you worry that others will find out that you're not as bright and capable as they think you are?
2. Do you shy away from taking on new challenges because you're not sure you'll be good enough?
3. Do you ever put your successes down to 'luck', 'good timing' or being "no big deal"?
4. Do you feel uncomfortable when someone praises you – because you're not sure you deserve it?
5. Do you hate making mistakes or being less than fully prepared?
6. Do you compare yourself unfavourably to others around you?
7. When you do succeed do you think, "Phew, I got away with that!"?
8. Did you answer 'Yes' to any of the questions above?

NO ORDINARY

70%



“It doesn't go away, that feeling that you shouldn't take me that seriously. What do I know?”


I share that with you because we all have doubts in our abilities”

NO ORDINARY



“No matter what we've done, there comes a point where you think, 'How did I get here? When are they going to discover that I am, in fact, a fraud and take everything away from me?’”

NO ORDINARY

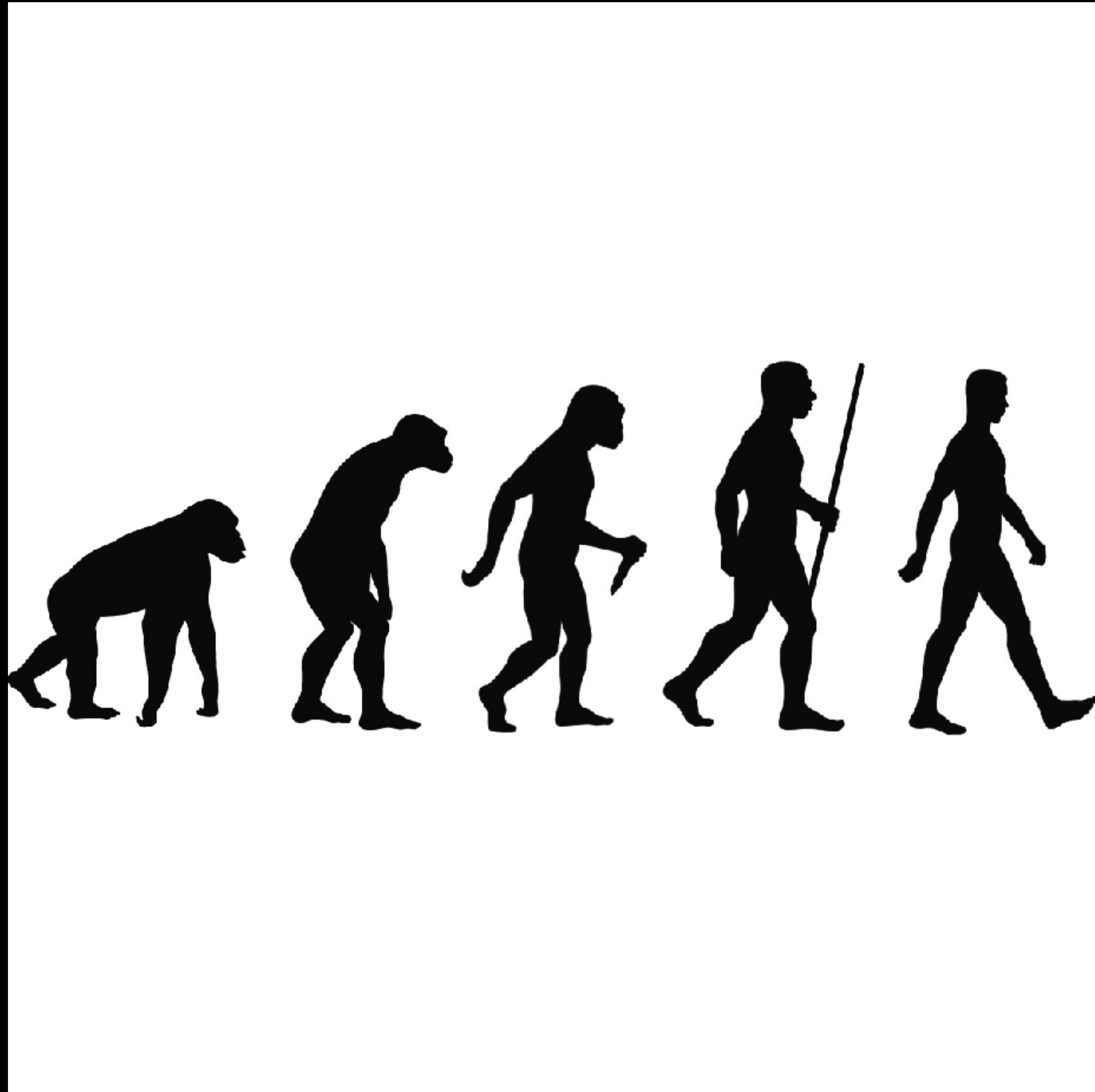
A black and white portrait of a woman with dark hair, looking directly at the camera with a slight smile. She is wearing a dark top. The background is dark.

“There are still days when I wake up feeling like a fraud, not sure I should be where I am.”

NO ORDINARY

What causes it?

NO ORDINARY



1. Human Nature

NO ORDINARY



2. Our Upbringing

NO ORDINARY



3. Cultural Conditioning

NO ORDINARY



4. Social Pressure

“In our society there's a huge pressure to achieve, so our sense of self-worth becomes contingent on achieving”

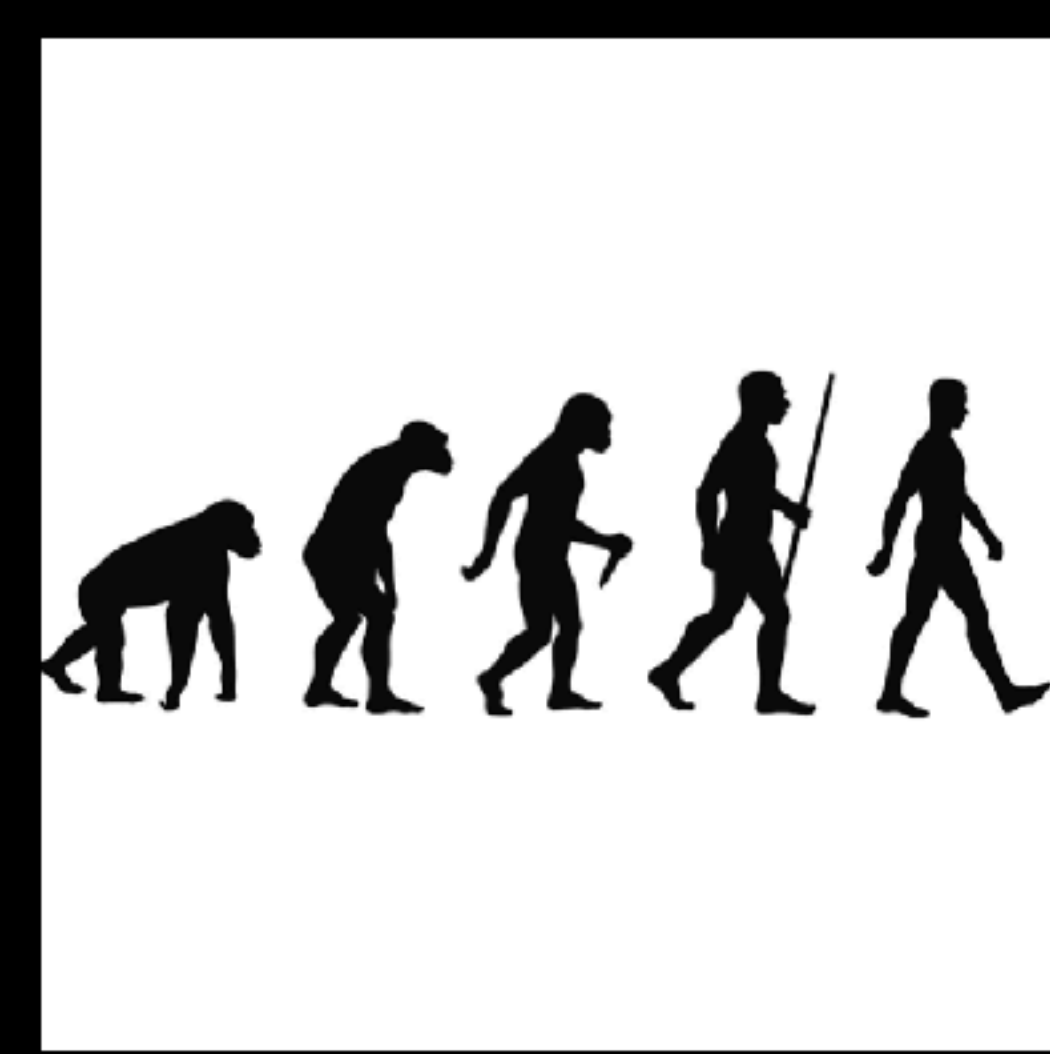
Dr Suzanne Imes

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5. Competitive Environments

NO ORDINARY



1. Human Nature



2. Our Upbringing



4. Social Pressure



3. Cultural Conditioning



5. Competitive Environments

NO ORDINARY

The Symptoms & Impact of Impostor Syndrome

NO ORDINARY

Feelings

Anxiety

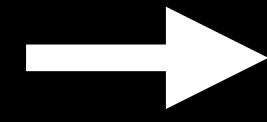
Self Doubt

Fear of Failure

Perfectionism

NO ORDINARY

Feelings



Behaviours

Anxiety

Self Doubt

Fear of Failure

Perfectionism

Self
Deprecation

Keeping a
low profile

Procrastination

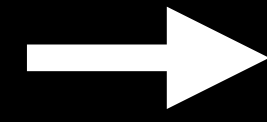
Workaholism

Risk Aversion

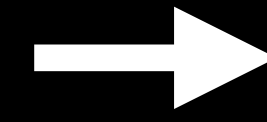
Over
Preparation

NO ORDINARY

Feelings



Behaviours



Impact

Anxiety

Self
Deprecation

Keeping a
low profile

Stress

Stalled
Projects

Self Doubt

Procrastination

Workaholism

Exhaustion /
Burnout

Unmet
Potential

Fear of Failure

Risk Aversion

Over
Preparation

Unshared
Ideas/
Opinions

Poor work/life
balance

Perfectionism

NO ORDINARY

Exercise: Recognise your harmful behaviours

Feelings



Behaviours



Impact

Anxiety

Self Doubt

Fear of Failure

Perfectionism

Self
Deprecation

Keeping a
low profile

Procrastination

Workaholism

Risk Aversion

Over
Preparation

Stress

Stalled
Projects

Exhaustion /
Burnout

Unmet
Potential

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Ideas/
Opinions

Poor work/life
balance

- What unhelpful behaviours do you recognise in yourself?
- How do they hold you back?

Can Impostor Syndrome Help Us?

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“It’s a drive, you know, go with it and use it.... you worry that you’re not going to be good enough, and you stretch yourself. That’s when you grow most.”

Rita Clifton (Love Your Imposter)

NO ORDINARY

How To Deal With It

NO ORDINARY



Change the way you think

NO ORDINARY



Talk about it

NO ORDINARY



Change your
inner narrative

I can't do this

I'll look silly

What if I mess this up?

I'll fail

I'll get found out

I'm not good enough

NO ORDINARY

Reframe Unhelpful Self-Talk

What if I cock this up?

It's ok to make mistakes - I'll learn from them

I'm rubbish at X / I'll never be able to do Y

It's amazing what I can do when I put my mind to it.

What if I say something stupid?

My opinion is valid - the more I speak up the easier it will get

I can't do this!

I can! I've done harder things before

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Exercise: Reframe Unhelpful Self-Talk



- Write an example of a limiting belief you have about yourself
- Counter this with a more encouraging and helpful belief
- How would this alternative belief make you feel and behave differently?

"The greatest obstacle for me has been the voice in my head that I call my obnoxious roommate. I wish someone would invent a tape recorder that we could attach to our brains to record everything we tell ourselves. We would realize how important it is to stop this negative self-talk"

Arianna Huffington

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Be Proud

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Exercise: Recognise your achievements



- List some of the things you've achieved (big or small) in the last few years.
- Pick the one you're most proud of.
- Reflect on why you're proud of it

Be Proud



Celebrate Success

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Overcoming Impostor Syndrome

#1: Talk about it

#2: Change your inner narrative

#3: Be proud

Overcoming Impostor Syndrome

“When we spend our lives waiting until we’re perfect or bulletproof before we walk into the arena, we ultimately sacrifice relationships and opportunities that may not be recoverable, we squander our precious time, and we turn our backs on our gifts, those unique contributions that only we can make. Perfect and bulletproof are seductive, but they don’t exist in the human experience.”

Brene Brown - Daring Greatly

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THANK
YOU

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