Combating Imposter Phenomenon

Feel like a fraud?
Imposter Phenomenon is

- a pervasive feeling of not belonging
- an internal experience of believing that you are not as competent as others perceive you to be
- experienced by everyone
Remember, you're not alone

Imposter Syndrome occurs regardless of gender, culture and age, lived experiences and intelligence. Acknowledge this and remind yourself that you are not alone in what you feel.
Separating feelings from fact

Feeling stupid does not mean you are stupid. You likely just haven’t learned something YET.
Celebrate your successes

Don't obsess over everything, instead focus on your successes. Even if you feel like you “got lucky” or had outside help, it is still your success, so go celebrate them!
Fake it ‘til you make it

Don’t wait until you feel confident to start taking risks. Change your behavior first and allow your confidence to build.
Validate achievements of your friends

By validating your friend's achievements, a more positive and caring environment is created, which is beneficial for everyone!
When you think of Impos, what words or feelings come to mind?

Add your thoughts here.
ter Phenomenon, things come up?

post-its below!
References


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Feel like a fraud?

- Remember, you're not alone
  Each person feels like they are keeping a secret. In reality, the same people that you fear will expose you as a fraud are probably feeling like an Imposter themselves.

- Separating feelings from fact
  Feeling stupid does not mean you are stupid. You likely just haven't learned something YET.

- Fake it 'til you make it
  Don't wait until you feel confident to start taking risks. Change your behavior first and allow your confidence to build.

- Validate achievements of your peers
  By validating your peers' achievements, a more positive and caring environment is created which is beneficial for everyone!

- Celebrate your successes
  Don't obsess over everything, instead focus on your successes. Even if you feel like you got lucky or had outside help, it is still your success, so go celebrate them!

- When you think of Imposter Phenomenon, what words or feelings come up?
  Add your post-it below!

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References