

# 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 feelin**

Add your



**ter Phenomenon,  
gs come up?**

post-its below!

# References

Breeze, M. (2018). Imposter Syndrome as a Public Feeling. In: Taylor, Y., Lahad, K. (eds) Feeling Academic in the Neoliberal University. Palgrave Studies in Gender and Education. Palgrave Macmillan, Cham.

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### 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.



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### 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 peers

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



When you think of Imposter Phenomenon, what words or feelings come up?

Add your post-its below!

# Layout