



Imposter Syndrome Workshop Discussion Notes

In what situations do we experience Imposter Syndrome?

- When overwhelmed and work is out of control
- It builds up over time
- When we are led to believe that something is true (people were more qualified)
- In a competition (i.e. being a finalist and feeling uncomfortable)
- Previous roles, questioning what others thought about me
- Made me question my abilities

What are you telling yourself when you have Imposter Syndrome?

- I'll get found out
- I have to take a lower job/pay cut
- I am out of my depth (I am not qualified to do this)
- I am 'small' / I do not matter
- Am I still capable?

Ideas to reduce Imposter Syndrome

- Positive quotes
- Look out for yourself (be calmer / more in control)
- If you make a mistake, don't dwell on it
- Have an accomplishment book
- Keep yourself busy by creating new goals and creating plans
- Talk positively to yourself (as you would a friend)
- Seek feedback

Actions and Takeaways

- List my accomplishments and things I can do
- Open my eyes to what Imposter Syndrome is (read more to have a better understanding)
- Reminder of what it is and what the symptoms are (for me and others)