

Living with the Imposter

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What is Imposter Syndrome?

- Imposter Syndrome is that nagging feeling of anxiety or discomfort that says your success is just luck, and those at work at going to “find out” that your skill set does not match your position, or pales in comparison to those around you.
- Important to note: many external factors like gender, race, socioeconomic status, and more have a significant effect on your susceptibility to feelings of Imposter Syndrome.
- Social media is a *controllable* factor that also affects your susceptibility to feelings of Imposter Syndrome.
 - If your focus of social media is *comparison*, rather than *connection*, you can be left feeling inadequate all too frequently.

Types of Imposter Syndrome

- The **Perfectionist** is characterized by high expectations of oneself, with low self-compassion.
- The **Superwoman** is the self-proclaimed “work-a-holic”.
- The **Natural Genius** experiences severe self-doubt when things do not come easily.
- The **Soloist** takes independence to a new level as they feel they need to “prove themselves” by never asking or accepting help.
- The **Expert** fears being viewed as unknowledgeable or inexperienced.

Remedies for each type of Imposter Syndrome

- The Perfectionist: Remind yourself that perfection isn’t human
- The Superwoman: Learn to focus on internal validation
- The Natural Genius: See yourself as a work in progress
- The Soloist: Remind yourself that no one can accomplish anything alone; accept help
- The Expert: Practice “just-in-time” learning

Additional Tips

- Remember that 70% of individuals experience Imposter Syndrome at some point in their career.
- Seek out a peer network to provide you with objectivity and support.
- Shift your social media focus from competition to connection.
- Consistently review your strengths and accomplishments.
 - Keep a success journal
- Plan ahead & set goals