

MANAGING IMPOSTER SYNDROME & OVERCOMING THE FRAUD FACTOR

Resources and further reading



What would my wisest and most logical self do in this situation?

“Nothing is either good or bad but thinking makes it so” Shakespeare

“Of all the judgements we pass in life, none is more important than the judgement we pass on ourselves” Nathaniel Branden

“It isn’t necessary for the mind to be quiet. All that matters is that you not listen to what it’s saying, as if it were true” Jan Franzier

“No one can make you feel inferior without your consent” Eleanor Roosevelt

**INNER
CRITIC**



Which voice are you listening to?

**INNER
ADVOCATE**

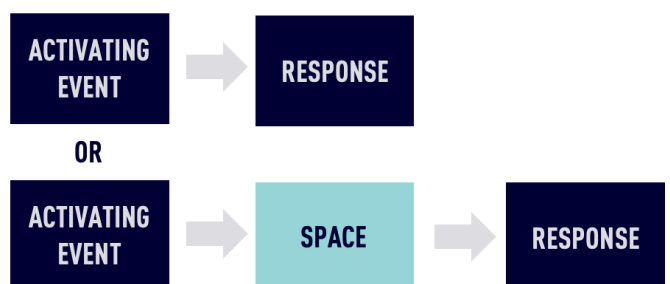
Reflective questions post an event or meeting or conversation:

What went well and what should I do more of next time?

What can I improve on for next time?

What did I learn and how will I be smarter tomorrow?

What do I want to appreciate about myself?



There is power in the PAUSE

Coaching Questions to ask myself in the moment I hear my inner critic:

How would I describe myself if I was being as kind and generous to myself as I am to my friends?

Which of my assumptions about myself would my good friends challenge?

If I knew that everybody in the room had the same insecurity as me, how would that change my outlook?

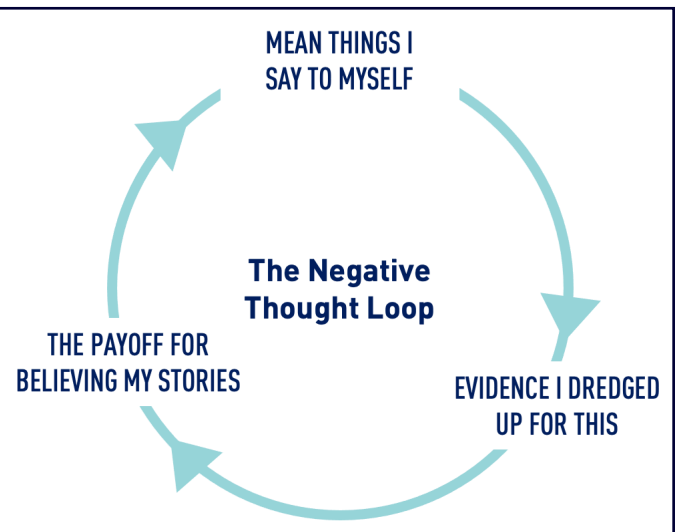
What gain might I make if I choose to believe something different about myself?

The 4 Questions from The Work by Byron Katie

(thank you Bercem for sharing!)

Example: *"I have nothing interesting to say"*

1. Is it true?
2. Can you absolutely know that it's true?
3. How do you react, what happens, when you believe that thought?
4. Who or what would you be without the thought?



The anti-dote to self-doubt is self-belief. 10 ways to increase your self-belief:

1. Regularly celebrate small successes, wins and the achievement of goals
2. Associate with people who are positive; mixing less with those who are negative
3. Identify and meet people who have achieved what you want to achieve
4. Use positive affirmation statements
5. Avoid unhealthy comparisons – comparison-itus syndrome
6. Eliminate worries by defining them and generating solutions
7. Change any negative mental images into positive one
8. Replace hindering self-talk with helpful self-talk
9. Remind yourself of your current achievements
10. Identify your sources of enjoyment and positive energy

Recommended Reads and Articles

10 Steps to Executive Level Confidence

Blalock, B. (2013, October 15), The Wall Street Journal

How To Show Self-Confidence: Tips & Tricks

Ireland, K. (2015, November 2), Livestrong

Stop Telling Women They Have Imposter Syndrome

Ruchika Tulyshan and Jodi-Ann Burey, HBR

Am I overthinking this?

Michelle Rial

TED Talks

The Happy Secret To Better Work - Sean Achor

Hardwiring Happiness – Rick Hanson