

Overcome Imposter Syndrome

This PDF is to be used with the training on Imposter Syndrome.

Please watch the video for a full explanation of all these points to overcome Imposter Syndrome.

1. Be aware that Imposter Syndrome is a “thing”. Research it and understand it. Lots of people suffer with it and you can overcome it.
2. Be curious about Imposter Syndrome, everything has a positive intention so what is this feeling doing for me?
3. Know Imposter Syndrome may come up, so prepare for it.
4. Understand Imposter Syndrome is just keeping you in your comfort zone.
5. Push through Imposter Syndrome and dream big – What can you and others around you gain?
6. Ignore the “perfect” life’s on social media.
7. Commit to doing whatever it takes.
8. Question if Imposter Syndrome is giving you a message. Do you need to learn something new or prepare more. Do you genuinely need to listen to it?
9. Note down your successes. You can use a success journal or any easy way to remind you how great you are! (I keep thank you cards).
10. Find and use your Power Pose (Amy Cuddy). Get your testosterone levels to rise and appear confident even if you don't feel it inside.
11. Find a calming technique that helps you e.g. breathing techniques, yoga etc