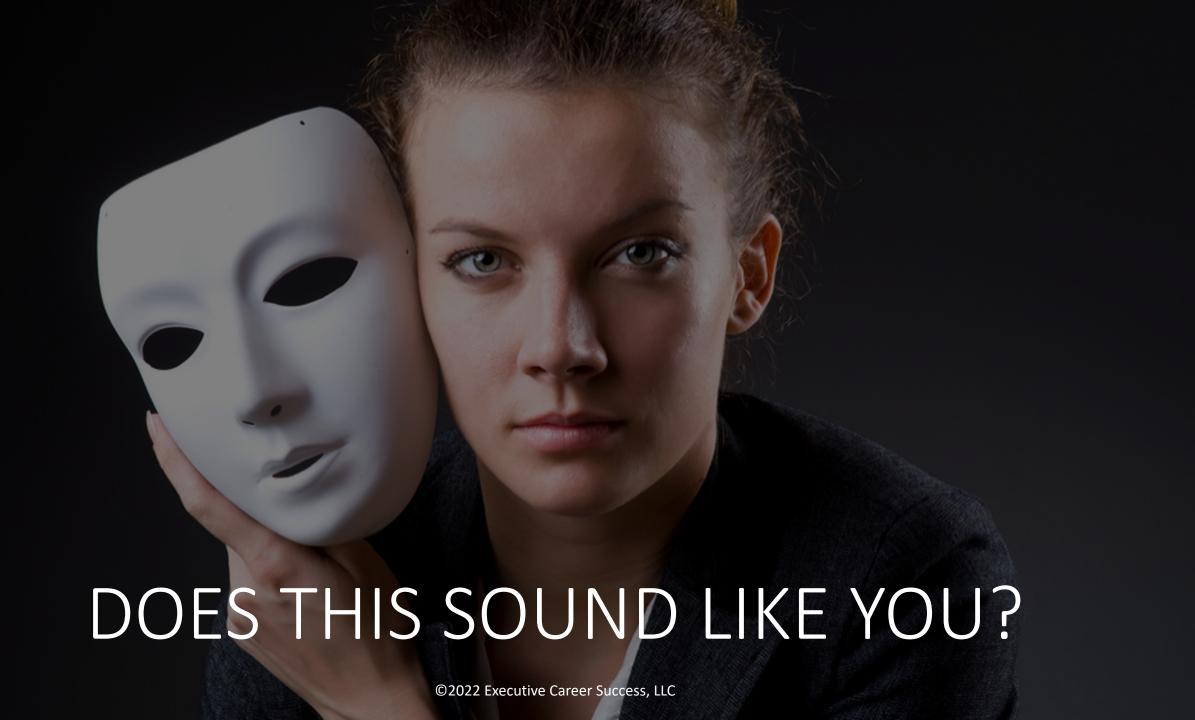


Kim Meninger Leadership Coach





- My success is a result of luck and timing, not my skills and efforts.
- Others are going to find out that I'm not as good as they think I am.
- I've inadvertently deceived people into thinking I can do this job.
- I feel undeserving of my success.
- At any moment I may be exposed as a fraud.

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 Feelings of self-doubt and inadequacy despite contradictory evidence

 Often strikes high achieving people

Commonly occurs at transition points

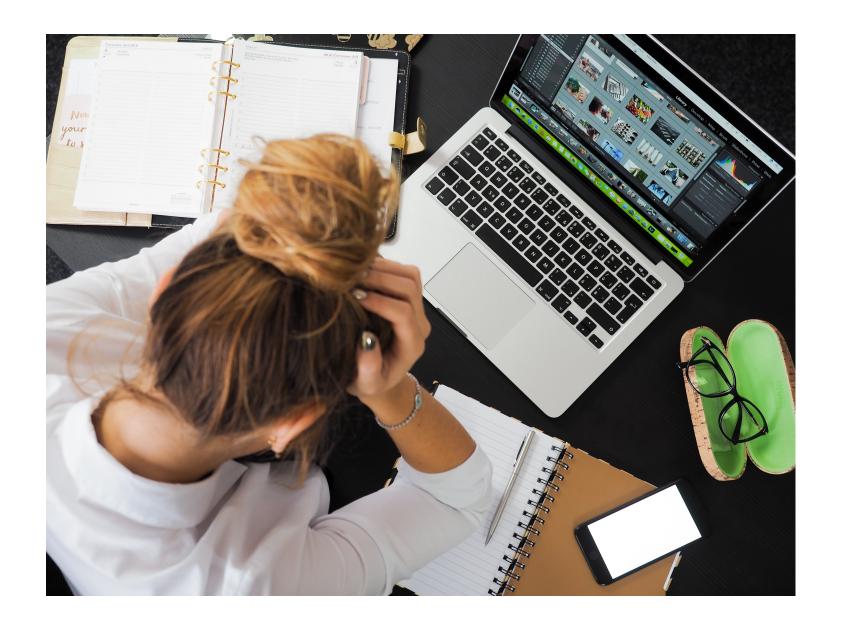
 Affects those who feel different from the dominant culture

Gender agnostic

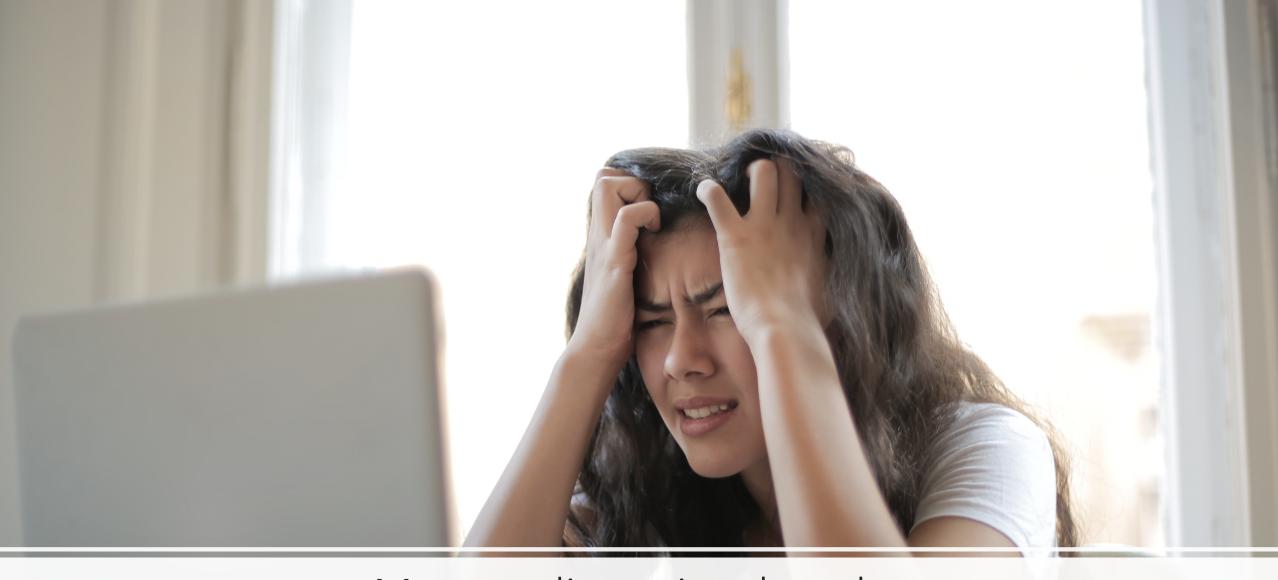




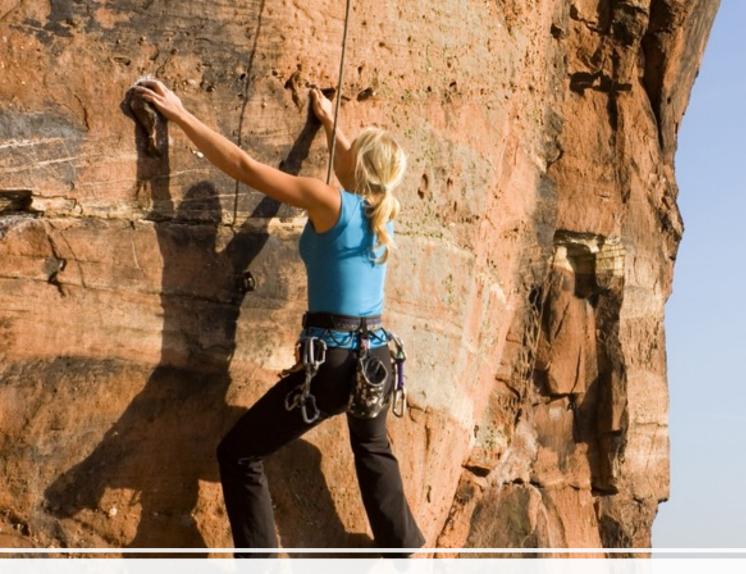
- Self-doubt
- Unwillingness to speak up/share ideas
- Reluctance to take risks
- Perfectionism
- Micromanagement
- Overcompensating behaviors







Manage disruptive thoughts



Adopt a Growth Mindset



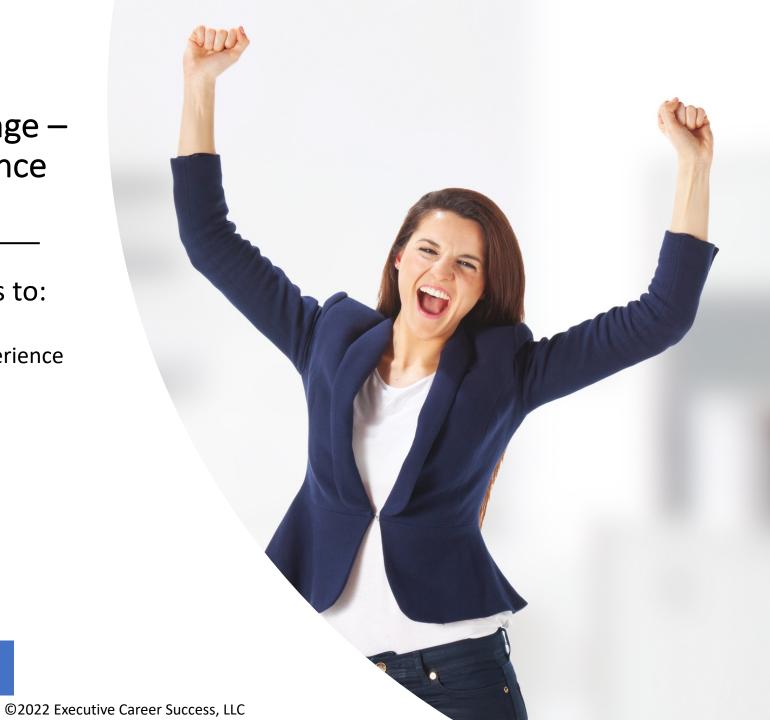


Join the Free Impostor Syndrome Challenge – 7 Days to Greater Confidence

Receive an email per day for 7 days to:

- Gain a deeper understanding of your experience with Impostor Syndrome
- Explore the roots of your feelings
- Examine limiting beliefs and behaviors
- Clarify your vision and values
- Embrace your strengths
- Leverage your resources
- Create a plan of action

Join today at: YourCareerSuccess.com/links





Questions?

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LinkedIn: www.linkedin.com/in/KimMeninger

Podcast: The Impostor Syndrome Files

TEDx Talk: How to Bring Your Diverse Voice to the Workplace