



Conquer Impostor Syndrome to Advance Your Career

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A close-up photograph of a woman with her hair pulled back, looking directly at the camera with a serious expression. She is holding a plain white, featureless mask against her left cheek. The background is dark and out of focus.

DOES THIS SOUND LIKE YOU?

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- 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.

A woman with long, dark hair is shown in profile, looking to the left. She has a very long, thin, orange nose that extends far beyond her face. She is holding the end of the nose with her right hand. The background is a dark, textured grey.

WHAT IS IMPOSTOR SYNDROME?

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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





WHAT DOES IMPOSTOR SYNDROME LOOK LIKE?

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





HOW CAN YOU MANAGE IMPOSTOR SYNDROME?

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Manage disruptive thoughts



Adopt a Growth Mindset



Own your success



Leverage your resources

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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Podcast: The Impostor Syndrome Files

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