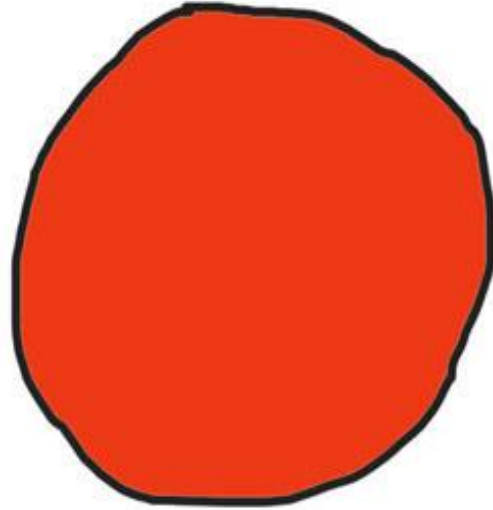


TYPES OF PEOPLE WHO CAN HAVE IMPOSTOR SYNDROME:



- ALL THE SMART, SUCCESSFUL
PEOPLE THAT YOU THINK
HAVE THEIR SH** TOGETHER

MSD Women's Network
Friday August 24th, 2018

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Remix Coaching and Consulting
E: rebecca@remixcoaching.com




What is it?



**Where does it
come from?**



Do I have it?



**How does it
show up for
me?**

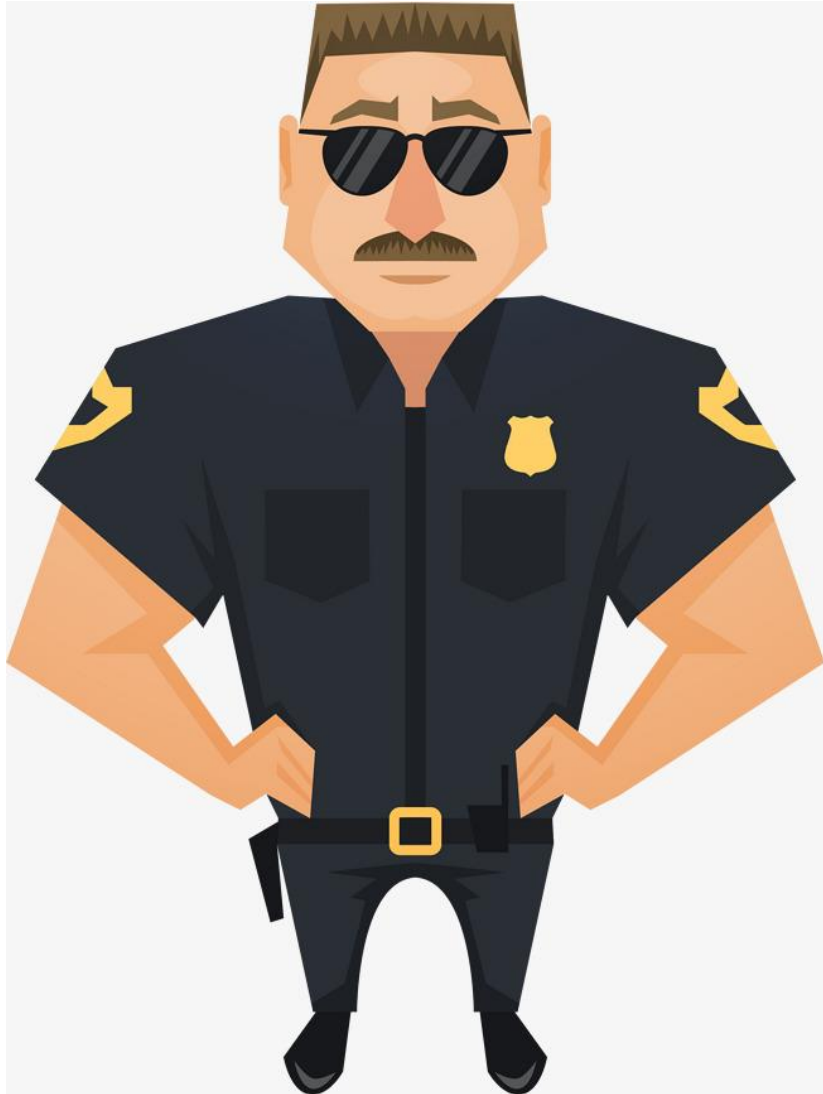


**What can I do
about it?**



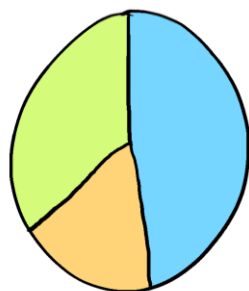
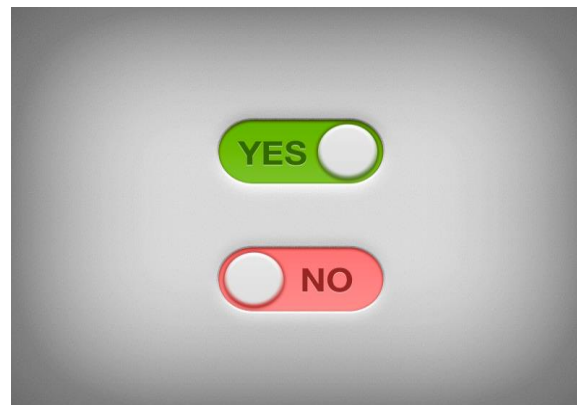
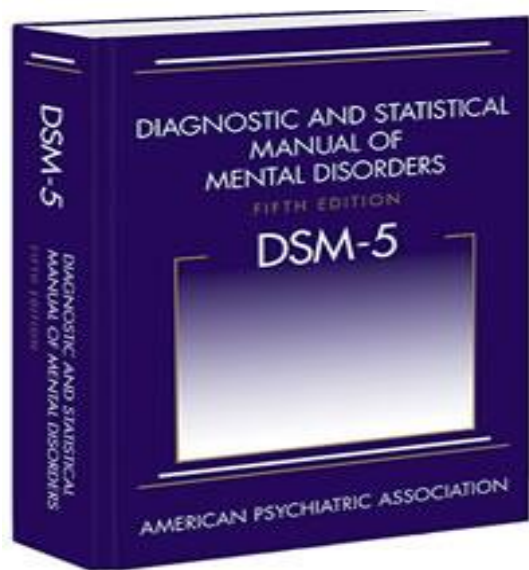
LES MILLS





A psychological pattern in which people doubt their accomplishments and have a persistent fear of the **talent police** showing up and being exposed as a **fraud**

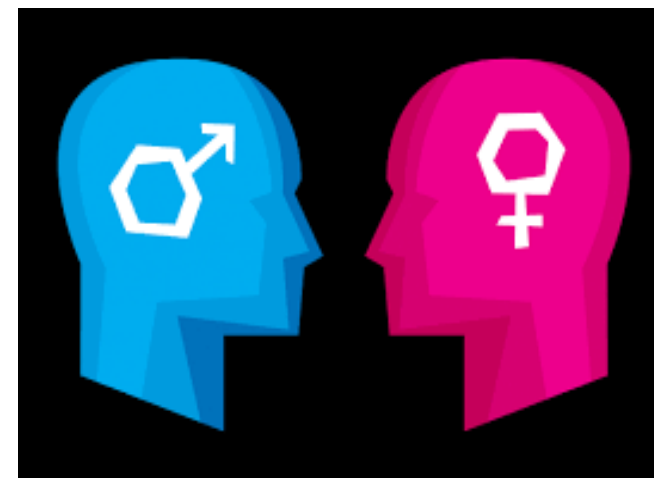
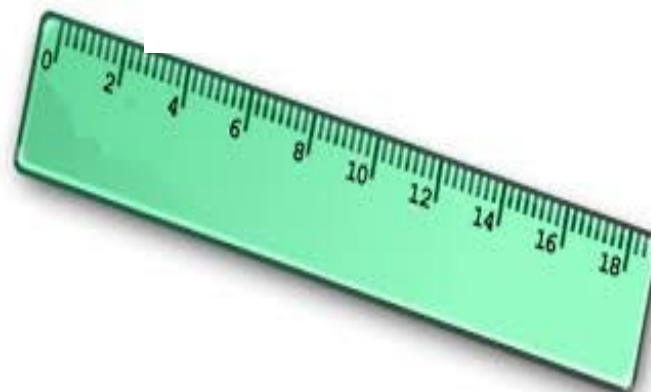
(...despite LOADS of evidence to the contrary!)

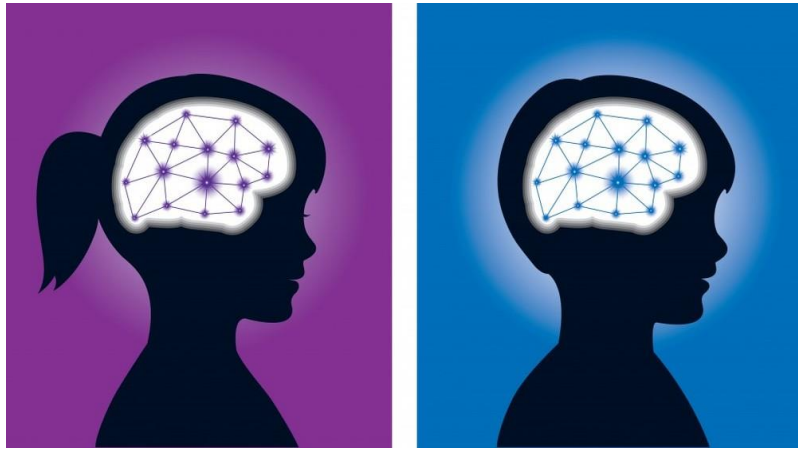


- ☐ PEOPLE WHO GET IMPOSTER SYNDROME
- ☐ OTHER PEOPLE WHO GET IMPOSTER SYNDROME
- ☐ LITERALLY EVERYONE ELSE (THEY ALSO GET IMPOSTER SYNDROME)

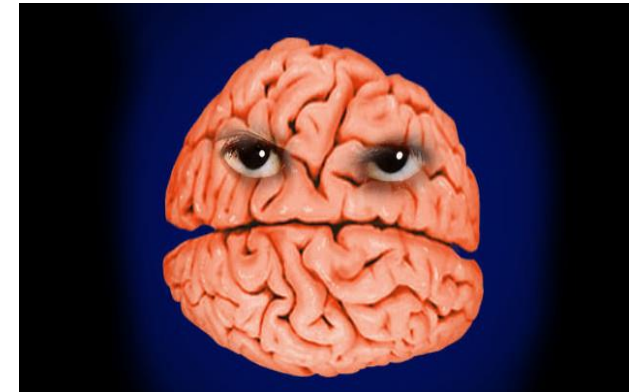
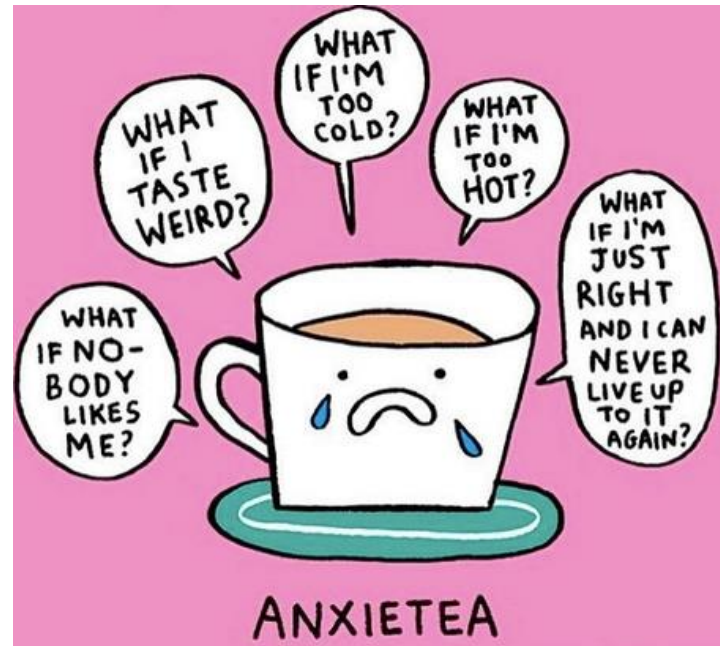
EVERYONE FEELS LIKE AN IMPOSTER
SOMETIMES, AND THAT'S OKAY

ERRANTSCIENCE.COM






The Perfectionist's Guide to Results



Which statements resonate for
you? ...




I often have
difficulty
delegating

I feel like my
work should
be 100%
perfect, 100%
of the time

If I miss the mark on
something, I
ruminate about it for
days and tell myself
I'm not cut out for
this!

When I'm faced with a setback my confidence drops; I feel a sense of shame that I haven't performed well

I find new challenges uncomfortable because I worry I might not be good at the new thing I'm trying



I feel that I should
be able to
accomplish things
on my own


If I need a
mentor to help
me then it's not
really my
achievement

I shy away from applying for jobs unless I meet the majority of the requirements

I constantly seek out further training or certifications because I need to improve my skills in order to succeed

Even when I've been in a job role for a while, I still feel like I don't know enough

I shudder if someone calls me an expert



Despite numerous
achievements, I feel
like I haven't truly
earned my title so feel
pressured to work
harder and longer to
prove my worth

I get
stressed
when I'm
not working
and I find
downtime
wasteful

Because I'm often
working, my
hobbies and
passions has
fallen by the
wayside a little

Perfectionist

“I should have done better. Mistakes are unacceptable”

(Young, 2011)

Natural Genius

*“If I were really smart
this would be
effortless”*

(Young, 2011)

Rugged Individualist

*“The only
achievements that
really matter are the
ones I got myself”*

(Young, 2011)

Expert

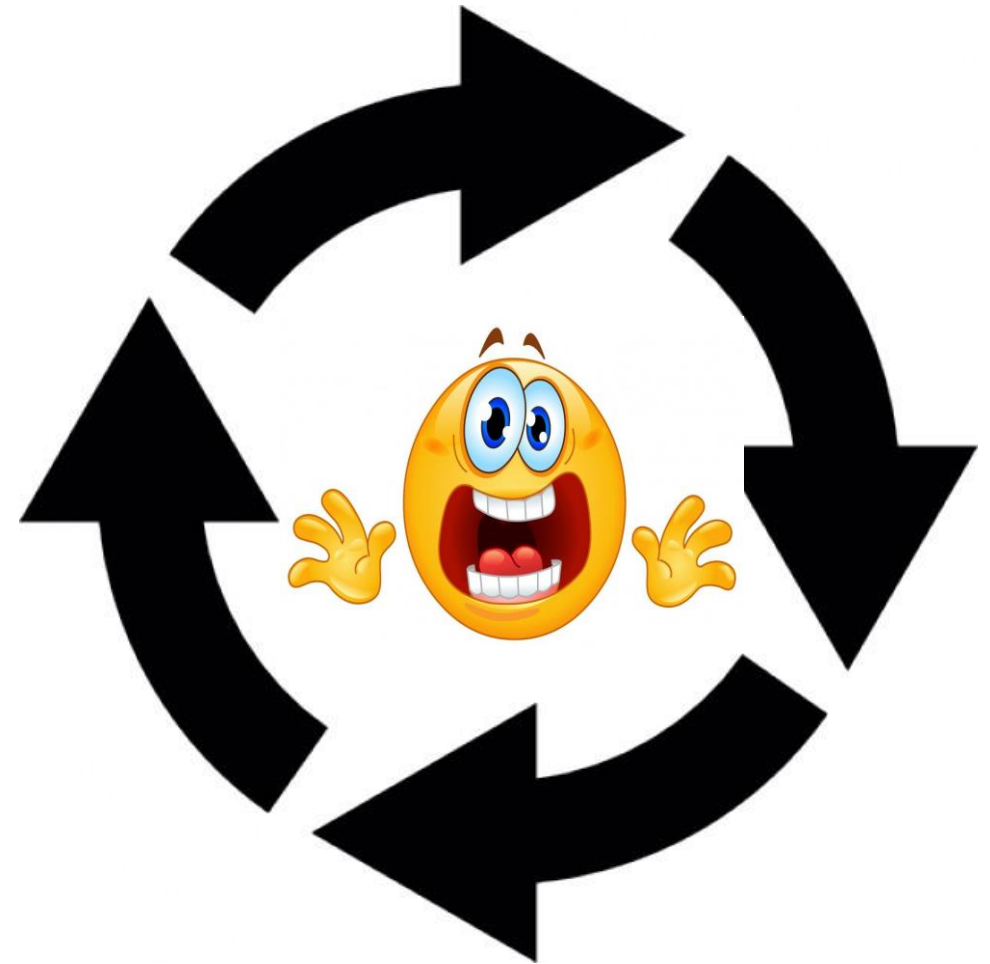
*“If I were actually
smart, I’d know
everything there is to
know”*

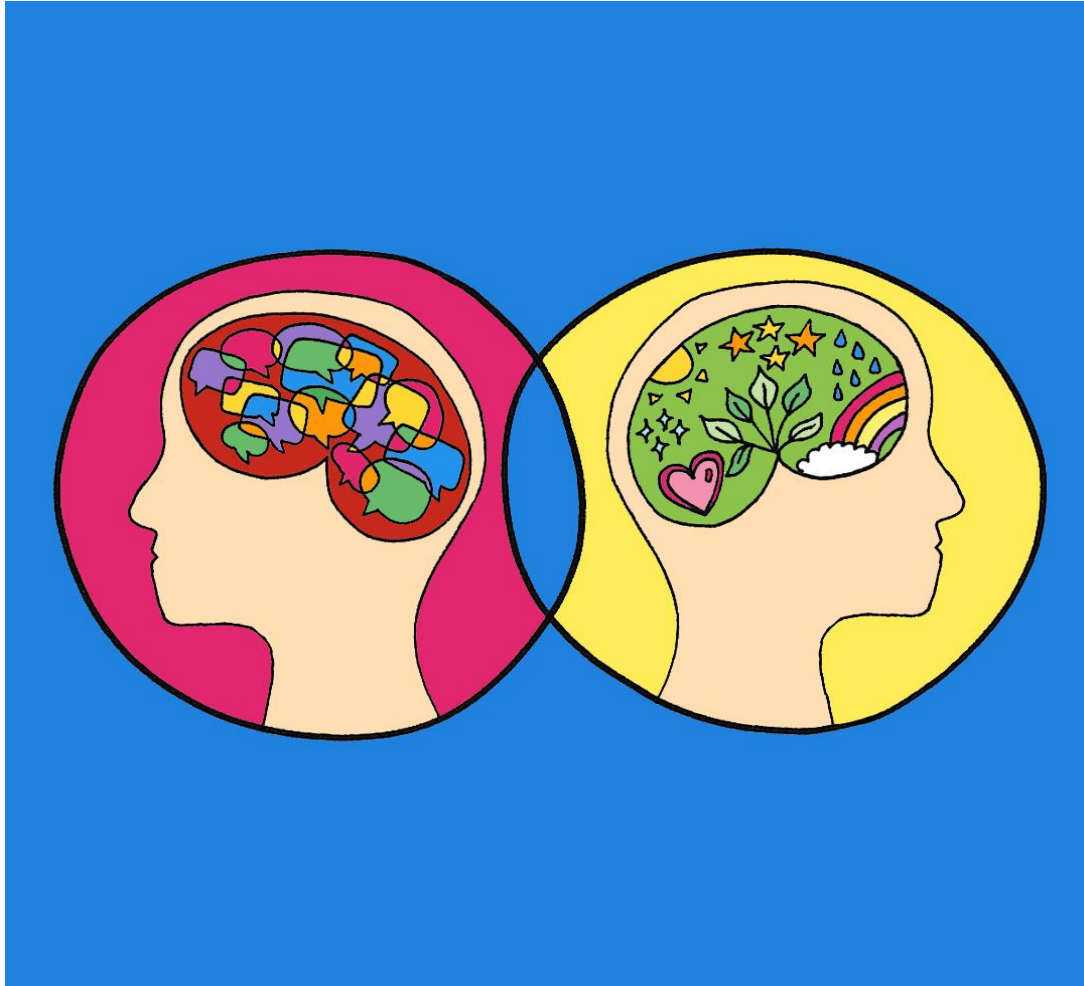
(Young, 2011)

Superhero

*“If I were really
competent, I’d be able
to do it all”*

(Young, 2011)



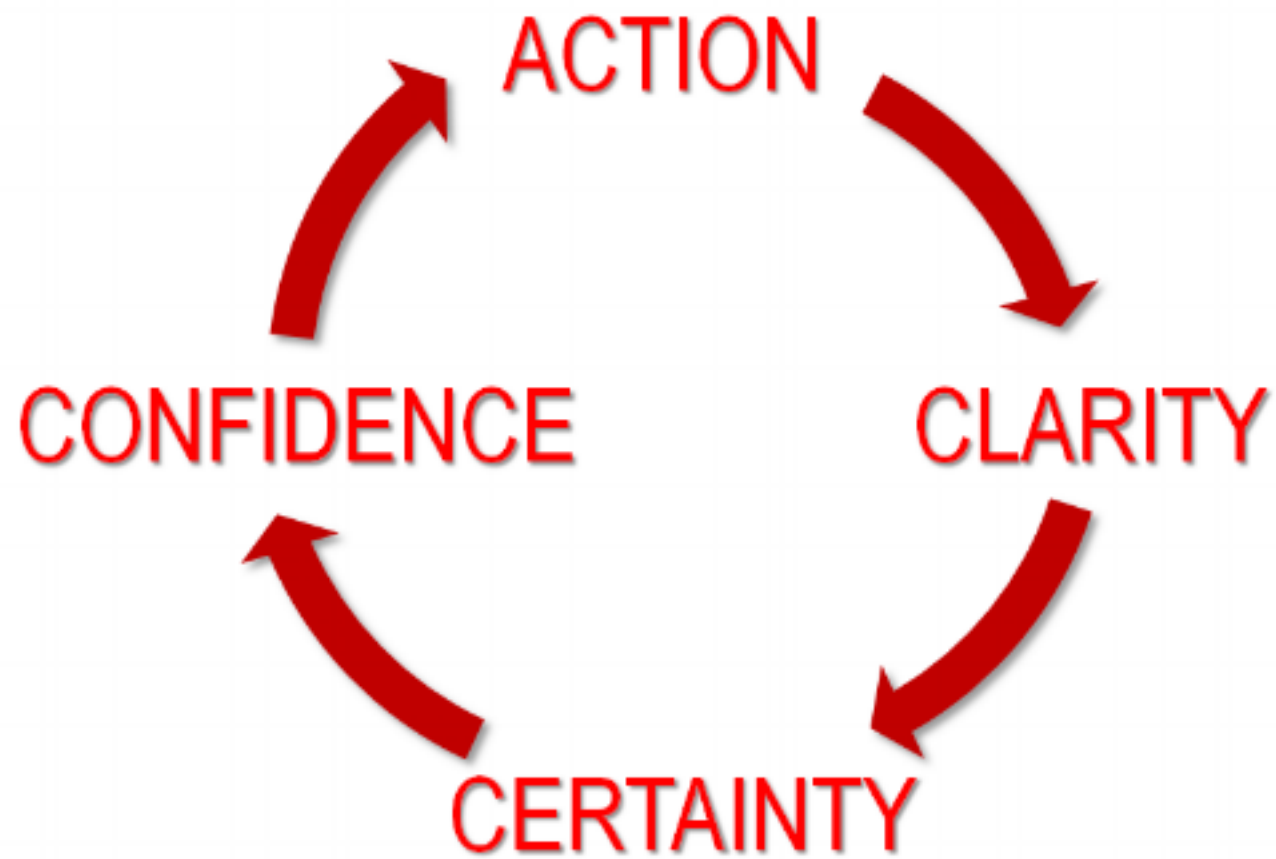


The first step
to changing
how we **FEEL**
is changing
how we
THINK



Feelings
are NOT
facts!







Enjoy the PROCESS
of being a
work in
progress.

www.respectingtheprocess.com



If you
tone it
down,
life can't
hear you.

Thank you!

Oh, and a little
something to always
remember ...

**THE BEST ADVICE
I'VE EVER RECEIVED**
french by design
**IS 'NO ONE ELSE
KNOWS WHAT
THEY'RE DOING
EITHER.'**

RICKY GERVAIS