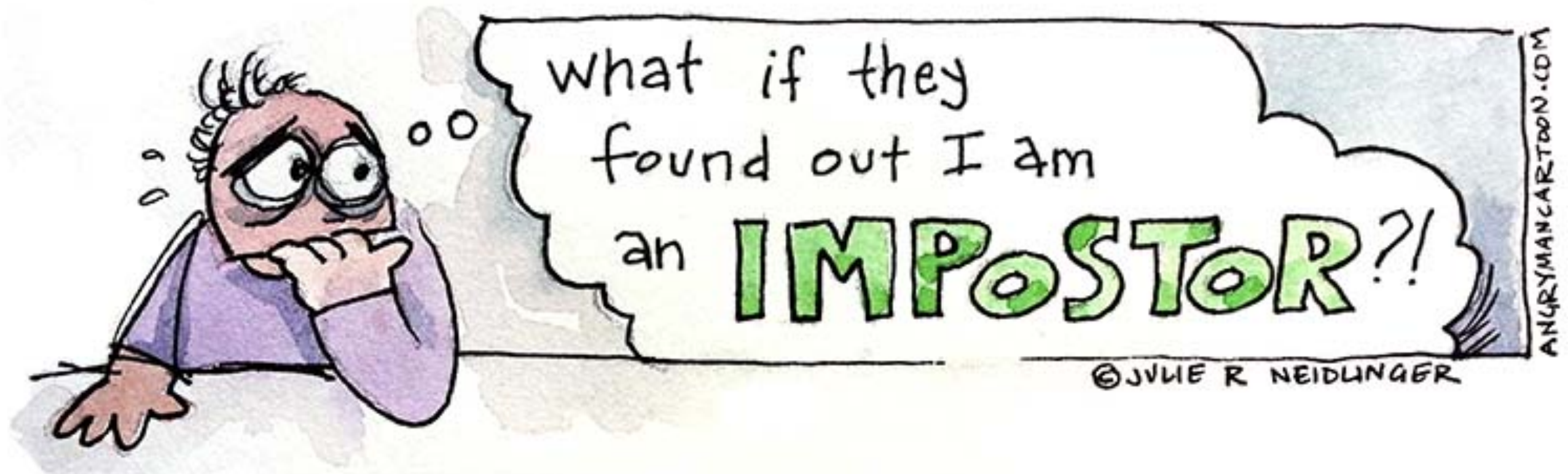




# BREAKING FREE FROM YOUR OWN SELF-DOUBT: OVERCOMING IMPOSTOR SYNDROME

Kajal Damji Gada

 #GHC18



- ✓ Scared when you don't know something
- ✓ Thinking it was a mistake that you were admitted/ recruited
- ✓ Going above and beyond for an insignificant improvement



- ✓ Self-doubt leading to lack of confidence
- ✓ Thinking I have to be the best to even apply
- ✓ Not giving enough credit to my pros

# OTHER EXAMPLES OF SELF-DOUBT

- Not able to solve the hardest question
- More you achieve, more you doubt yourself
- Promoted and yet feel like you are not capable
- Surrounded by "smart" people and feel like you don't belong

It's almost like the better I do, the more my feeling of inadequacy actually increases, because I'm just going, 'Any moment, someone's going to find out I'm a total fraud, and that I don't deserve any of what I've achieved.'

— **EMMA WATSON**

# Feeling like an Impostor





Impostor Syndrome is a psychological phenomena in which a person can not internalize their success and often attribute it to luck, timing or other external factors. <sup>[1]</sup>

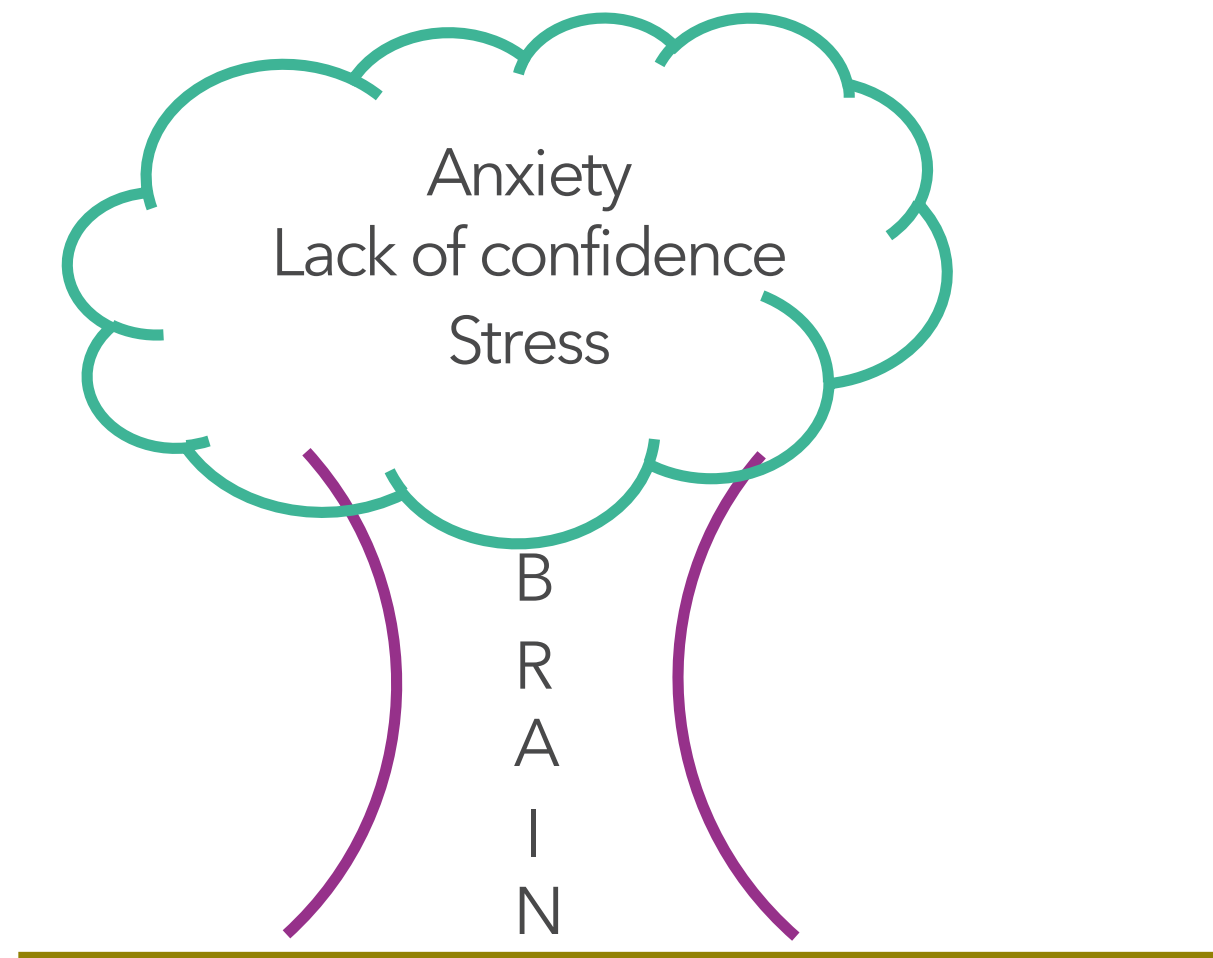
[1] Harold Hillman *The Impostor Syndrome - Becoming an Authentic Leader*

# CAUSES OF IMPOSTOR SYNDROME

- Certain early family dynamics<sup>[2]</sup>
- Societal sex-role stereotyping<sup>[2]</sup>
- Bullying
- Comparison

[2] Pauline Rose Clance and Suzanne Imes *The Impostor Phenomenon in High Achieving Women: Dynamics and Therapeutic Intervention*

# EFFECTS OF IMPOSTOR SYNDROME



Over preparation    Negative thoughts    Need to prove    Comparison



# EFFECTS OF IMPOSTOR SYNDROME

- You don't apply for the job
- You don't make your case for a raise
- You don't seek promotion
- You let the opportunity pass

# Overcoming Impostor Syndrome



# NAME THE FEELING

- Takes away the power
- Realize you are not alone
- Being wrong is okay
- Not knowing something doesn't make you a fraud
- You allow yourself to do something about it



# CREATE A POSITIVE MINDSET



List of things you ~~have~~ ACHIEVED



List of GOOD things people say to you



Tell yourself, "I AM CAPABLE"



# MENTORS

- Help you realize your worth
- Encourage you to take action
- Motivate you to seize opportunity



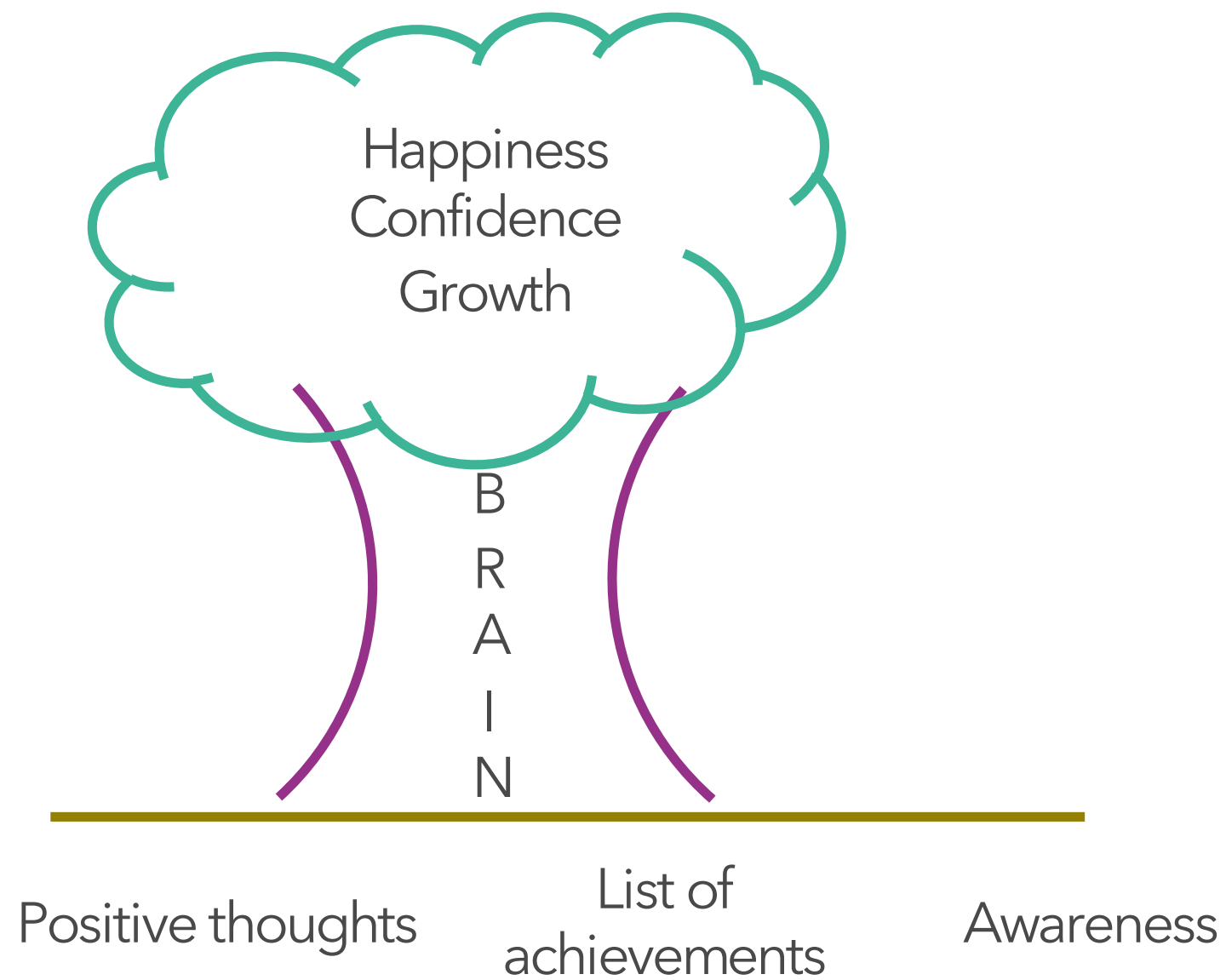
# MENTORS

- Ask someone you look up to
- Tell them:
  - "YOU ARE AWESOME."
  - "I WANT TO BE LIKE YOU"
  - "WILL YOU BE MY MENTOR?"





# EFFECTS OF SHIFT IN MINDSET





THANK YOU

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