



How to Tackle Imposter Syndrome?

Presenter: Mark Fryer & Anne Clarke

Objectives

To understand it

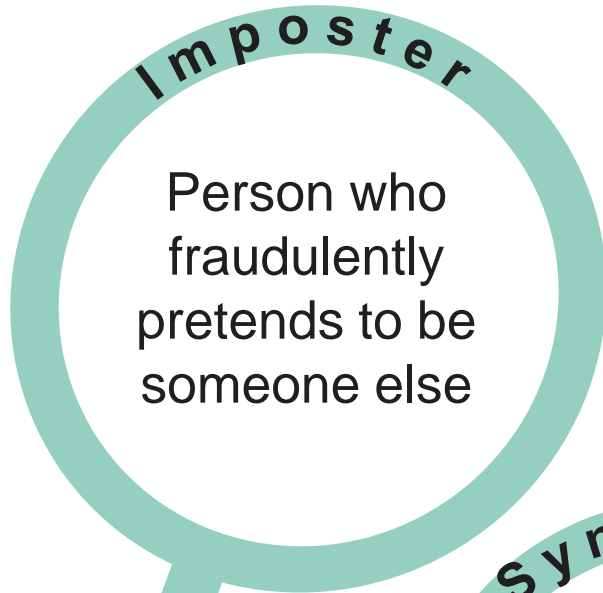
To interpret it

To combat it

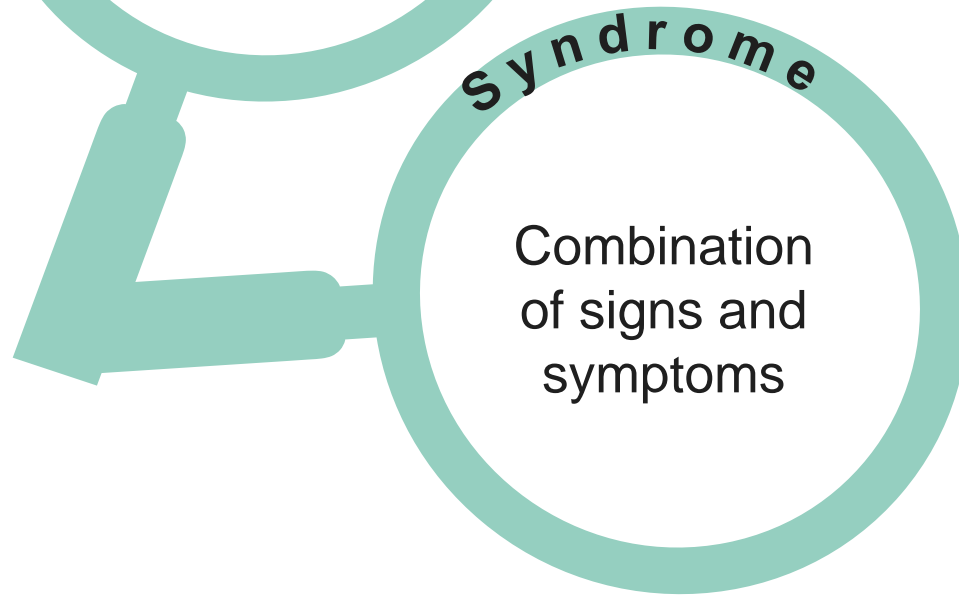
Discovery is seeing what everyone else has seen
but thinking what no-one else has yet thought

Albert Szent-Gyorgyi

To understand it



Imposter Syndrome is a kind of unnecessary 'self-sabotage' creating low self-confidence through the identification and fear of failure. If left to manifest, it becomes a constant internal struggle between achieving success and avoiding being 'found out'.

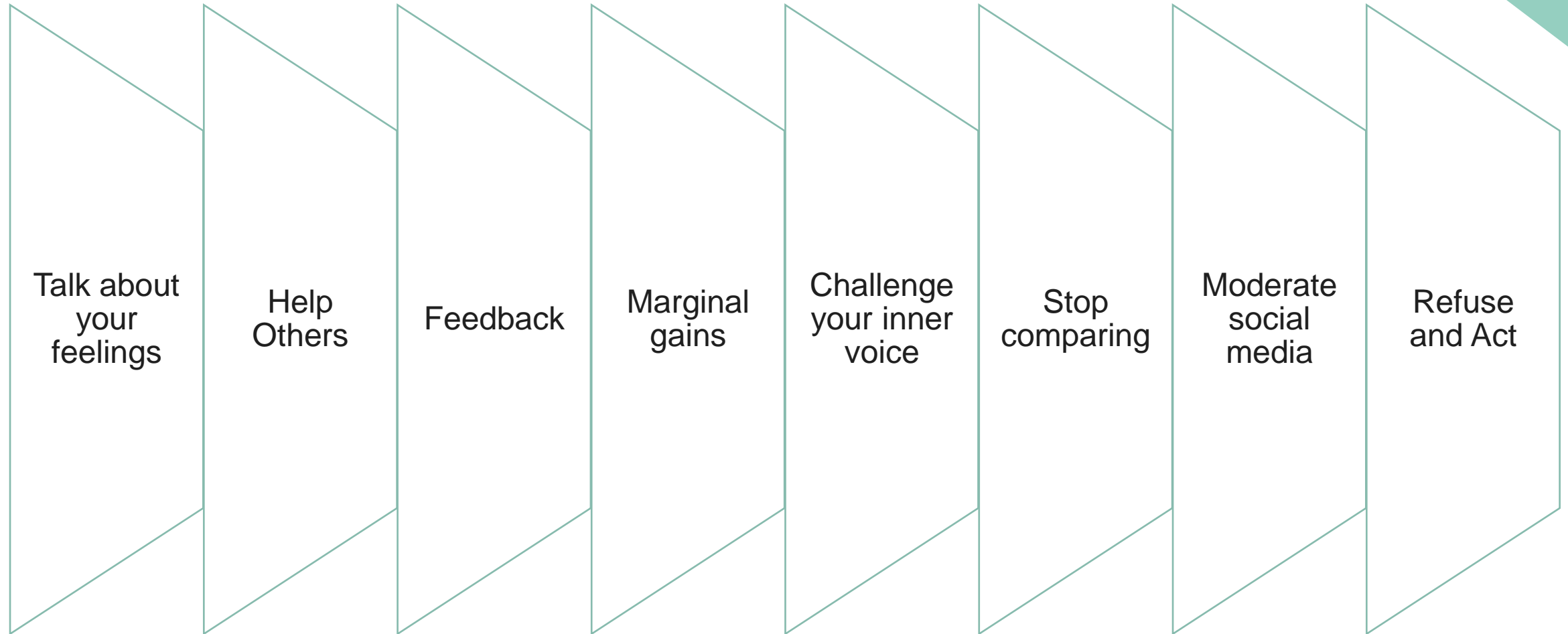


Imposter Syndrome is a psychological pattern in which an individual consistently doubts their accomplishments, often without rational facts and creates a persistent internalised fear of being exposed as a 'fraud'.

Interpret it – Our Characters



Combat it



Commitment Planner

Commitments What will you do differently?	Time By when?	Measures What would you like to happen as a result of your actions?	Barriers What might get in the way?