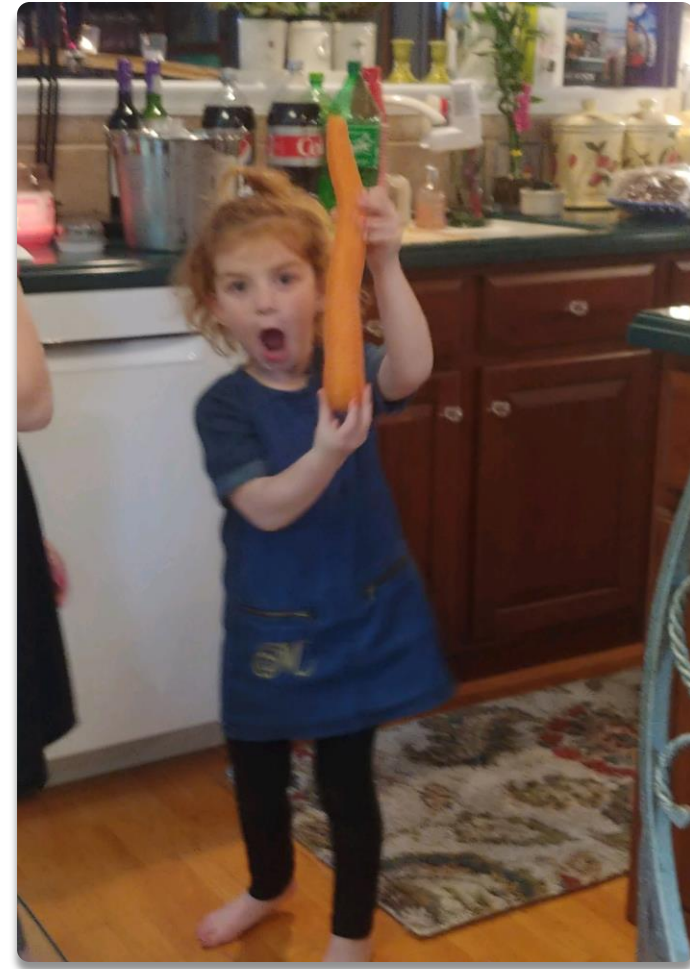


Kicking The Imposter Out!

DR. KIMBERLY A. LUSE



AAAAAAHHHH
HHHH!!!!!!!!!!!!



The Imposter Syndrome Defined

- ▶ A collection of feelings of inadequacies that persist despite evident success
- ▶ Identifying the voices on your tape
- ▶ Being brave enough to recognize the syndrome in yourself and others



I Must Not Fail

- ▶ Someone is going to find out I am not supposed to be here
- ▶ Now that I am successful I have to keep the façade up!



I Feel Like A Fake

- ▶ I don't deserve to be here
- ▶ Somebody made a mistake by putting me in this role
- ▶ Everyone is going to find out!



The Luck Of The Draw

- ▶ I just got lucky
- ▶ It was a fluke

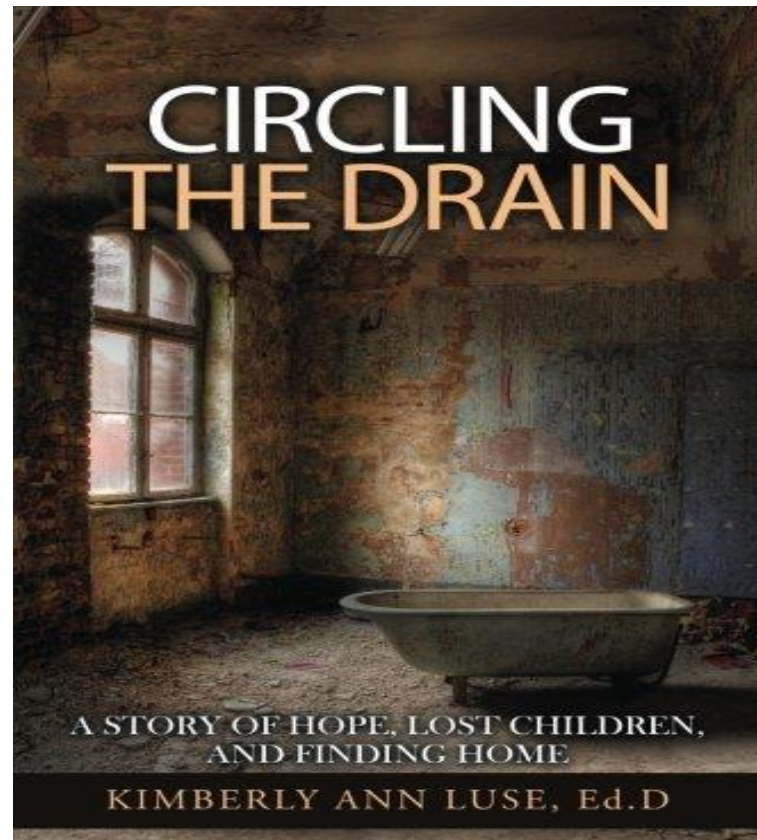


Success Is No Big Deal

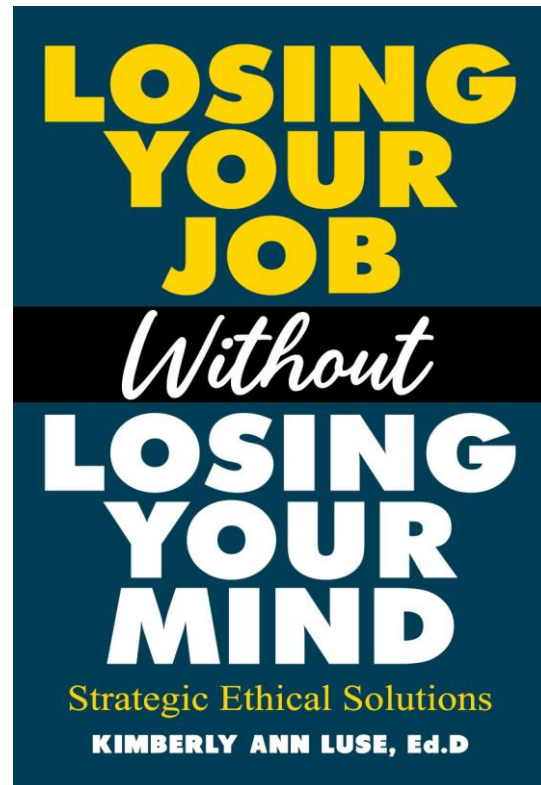
- ▶ Downplaying successes
- ▶ I have fooled everyone!



Lessons Learned



Lessons Learned



Kick The Imposter Out!

- ▶ Recognize when the feelings occur
- ▶ What are the triggers?
- ▶ Journal to discover trends



Reprogram

- ▶ No one can know everything!
- ▶ It is a sign of strength to ask for help



Role-Modeling

- ▶ It isn't sustainable to try to be perfect
- ▶ Others will follow the example you set
- ▶ Talk about it



Consider The Setting

- ▶ Feeling inadequate does not mean you are
- ▶ The power of, “I don’t know”



Failure

- ▶ Failure can be a great learning experience
- ▶ Do not let it defeat you
- ▶ Rocky Balboa!



Everyone Makes Mistakes

- ▶ Be transparent
- ▶ Be forthright
- ▶ Be forgiving
- ▶ Garner support



Embrace Your Excellence

- ▶ Ripening on the vine
- ▶ Get comfortable in your own skin
- ▶ Kimberly@strategicethicalsolutions.com
- ▶ WWW.Strategicethicalsolutions.com



ADVICE FROM THE BEATLES

