


Overcoming Impostor Syndrome

Priyanka Nag

@priynag


Is this you?

“I'm sorry, but that acceptance letter we sent you was a mistake, you're actually not qualified for that at all...”

A large, abstract graphic in a dark red color is located in the bottom-left corner of the slide. It consists of several overlapping, curved, brushstroke-like shapes that create a sense of movement and depth. The background of the slide is black.

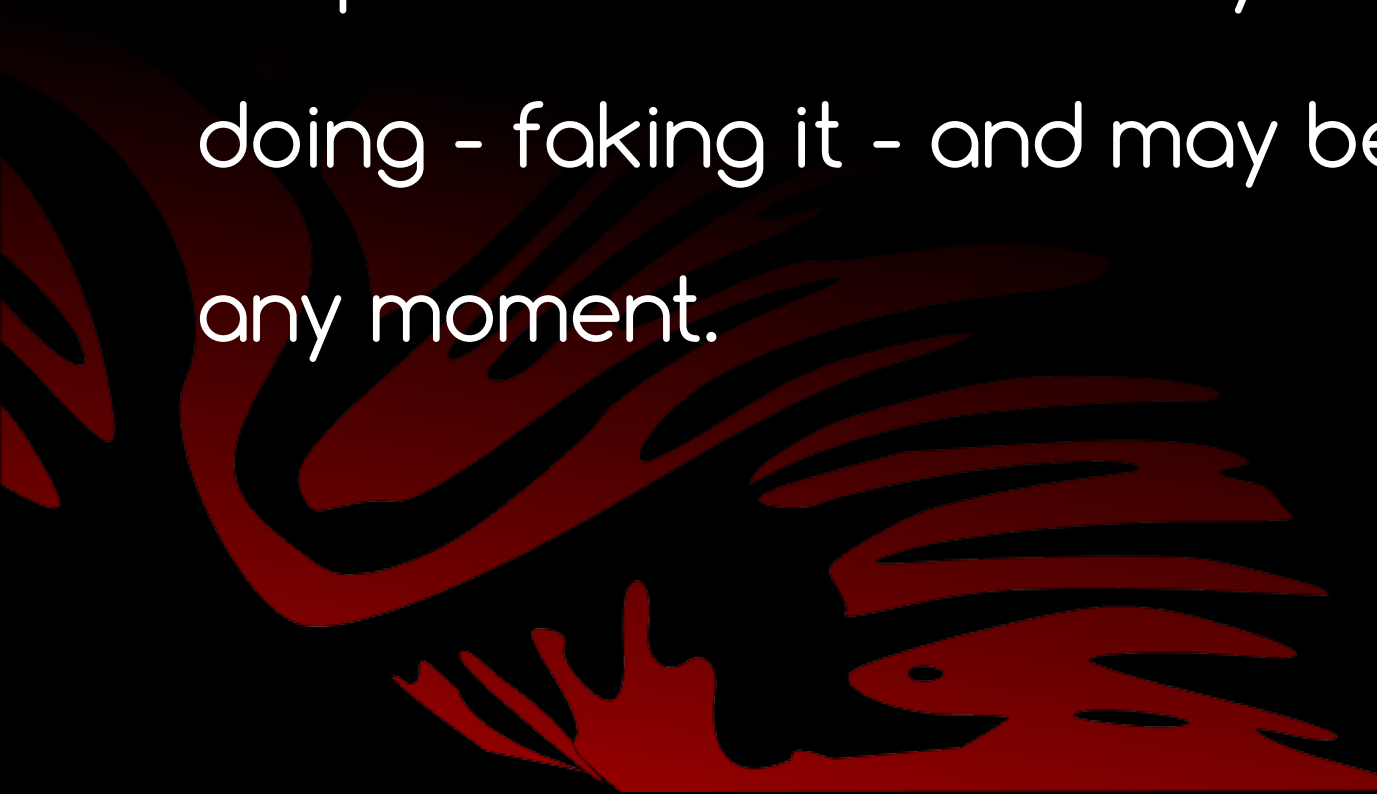
Is this you?

“I'm sorry, but we've reviewed your promotion packet, and you aren't even qualified for the job you're doing right now...”

A large, abstract graphic in the bottom-left corner of the slide. It consists of several overlapping, curved, brushstroke-like shapes in a dark red color, creating a sense of movement and depth against the black background.

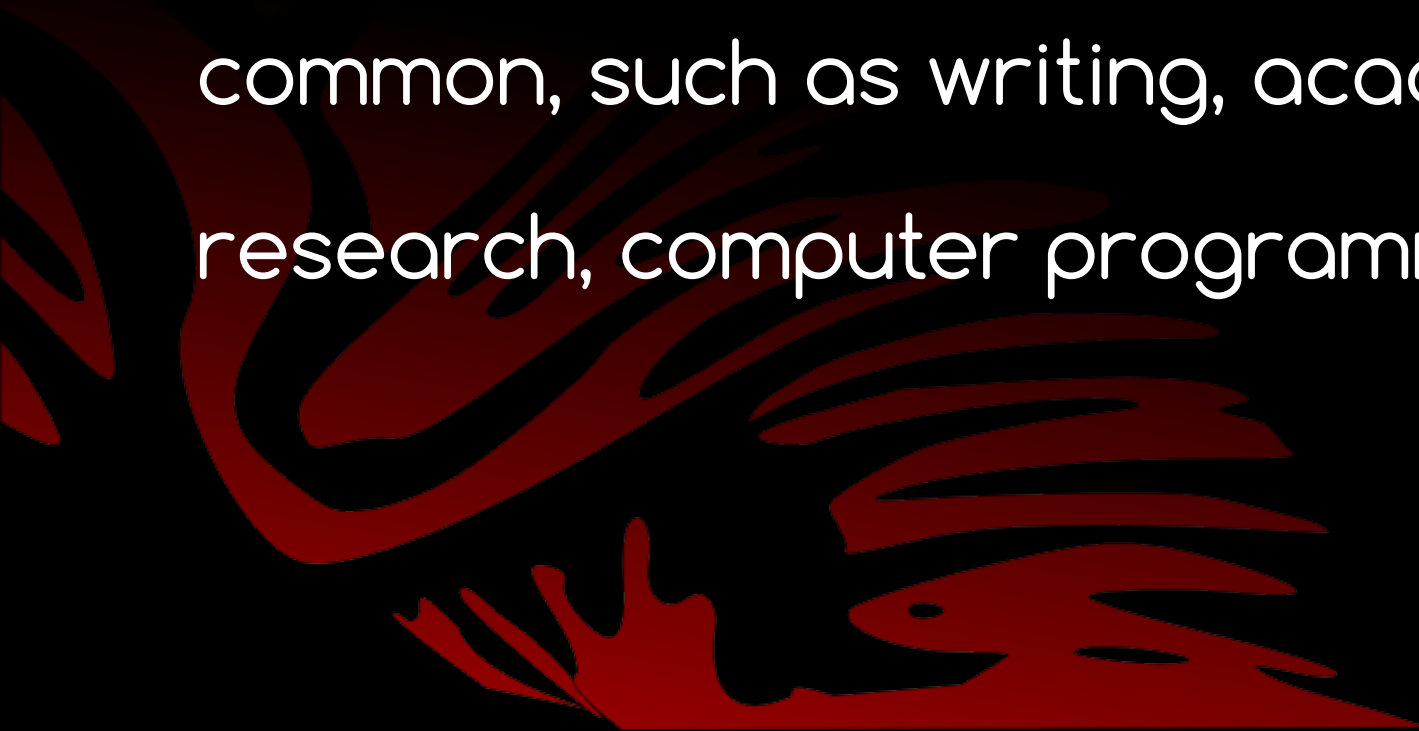
Impostor Syndrome

The feeling that you are a fraud or unqualified for the work you are already doing - faking it - and may be found out at any moment.



Impostor Syndrome

Especially common in fields where work is done privately, a finished product is released publicly, and public criticism is common, such as writing, academic research, computer programming, law, etc.




You feel like an impostor because people treat you like one

- Sexism says women can't be good at what it is you are doing
- People forget facts that don't fit their stereotypes ("prove-it-again bias")
- People act surprised when you are good
- People advise you to lower your ambitions
- People tell you that you are an impostor

What is the result?

- We have less satisfaction in our lives
- We waste time over-preparing and worrying instead of doing good work and having fun
- We are less effective as colleagues
- We ask for less money
- We don't ask for challenges
- We don't ask for promotions or apply for jobs


Preventing Impostor Syndrome your community or workplace

- Be encouraging
 - Share your own failures
 - Have a positive and kind community
 - Make mentoring a first class activity
 - Document, document, document!
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What was the last topic that someone
asked for your advice on?



When you think of the times in your life where you've been the happiest, the proudest, or the most satisfied, which values come to mind?

A red abstract graphic in the bottom-left corner, consisting of several overlapping, curved, brushstroke-like shapes that resemble a stylized flame or a wing.

Thank you!

