

# HANDLING IMPOSTER SYNDROME

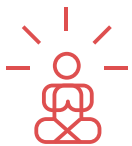
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## Do you...

- Feel like you got lucky at work? (and shouldn't actually be in that role)
- Wonder if you can replicate successes once you've had them?
- Feel like you "got away with it" when you delivered a great presentation or piece of work? No one spotted all the things you didn't know...whew!
- Feel that other people have it together and know way more than you?

Imposter Syndrome is when you struggle to internalise and realise your successes (attributing wins to outside sources, like luck) AND you're afraid of being found out as a fraud.

## Try this:



1. Change your state. You're too inwardly focused. Get out of your head - take a walk; have a shower; do some jumping jacks; help someone else; listen to some buzzy music.



2. Track your successes. Keep an email folder of messages that celebrate your value and impact. Read them when Imposter Syndrome strikes.



3. Have a pattern interrupt handy. When self-doubt hits, try saying the word "REBOOT" or "CANCEL" in your head to break the unhelpful thought loop. Then remind yourself of a past success. Repeat as necessary.



4. Habitualise talking about your successes in public. Include a character trait and a success in your share. Below are a few examples to get you thinking...

*I'm so proud of this project's success. Collaboration is a key value for me.*

*Being conscientious is really important to me. I was thrilled that Mum felt supported through her illness. I ensured that we Facetimed every week.*

*I really drew on my courage to have the challenging conversation that moved our relationship forward.*

*I'm so proud that I maintained my fitness during COVID. My self-discipline really helped.*

Find more resources on Kanchan's website [www.kanchanprinsloo.com](http://www.kanchanprinsloo.com)  
and find me at [www.mandylehto.com](http://www.mandylehto.com)