

# WORKSHOP 'IMPOSTER SYNDROME'

## What it is and how to overcome it







You have a good education, ditto job and everyone is full of praise for you. But still, you always hear that little voice in your head: when do they find out that I'm not good enough?

People who suffer from *Imposter Syndrome* set the bar mercilessly high for themselves and underestimate their own performance. No matter how well they do their job, no matter how many degrees or compliments they receive, they are constantly afraid of being exposed because they persistently doubt their own qualities.

Take the Imposter Syndrome test in the run-up to the workshop and get tips on how to deal with it.

- Imposter syndrome is not an official diagnosis but a collection of personality traits. It occurs about equally among men and women
  - How do you deal with it?
  - Focus on the facts
  - Be aware of your bias and limiting beliefs
  - Rely on your own strength
  - Talk about it
- A mentor or coach can help you in the process of dealing with Imposter Syndrome

After the 1.5-hour workshop, the participant is aware of three essential steps:

-   • **ACCEPTS** that 50 % of all people often experience Imposter Syndrome feelings
-  • **UNDERSTAND** what it means, both for yourself and others
-  • have tips and tricks **HOW TO HANDLE IT**