

Conquering Impostor Syndrome

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**this
independent
life**

Today

My journey (5 mins)

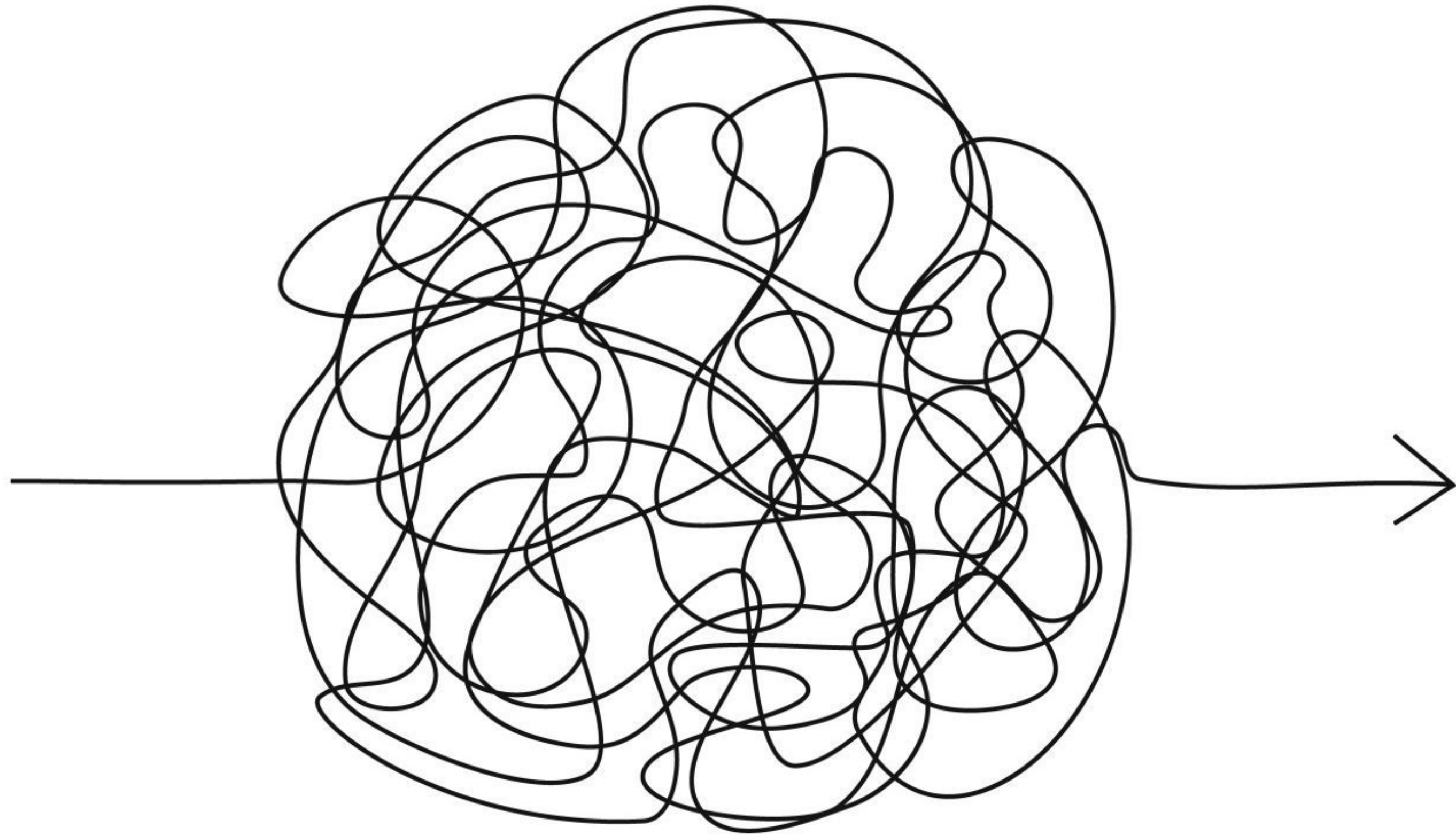
What is “Impostor Syndrome”? (10 mins)

How to recognise & identify (5 mins)

How to positively challenge & conquer (10 mins)

TIL Tips (10 mins)

My journey







What is “Impostor Syndrome”?

***The persistent inability to believe
that one's success is deserved or has
been legitimately achieved as a
result of one's own efforts or skills.***

“Courage is the most important of all the virtues, because without courage you can’t practice any other virtue consistently. You can practice any virtue erratically, but nothing consistently without courage.”

— Maya Angelou, poet & civil rights activist



Impact on career

- **94%** of those who have suffered from impostor syndrome haven't discussed their feelings at work
- **61%** of people fear they could be seen as a less capable employee, with **39%** of employees avoiding applying for internal promotions as a result
- **63%** experience greater levels of procrastination, and **41%** loss in productivity
- **57%** end up working longer hours, resulting in **44%** increase in staff turnover









PS



Exercise

- 1. Write down at least 1 example where Impostor Syndrome has impacted or held you back in your career, or life, to date**
- 2. Write down how being impacted or held back in this way made you feel at the time, and how it makes you feel now when you reflect**

How to recognise & identify

5 types & signs

1. The perfectionist

“It wasn’t good enough, everyone’s going to think I’m a failure”



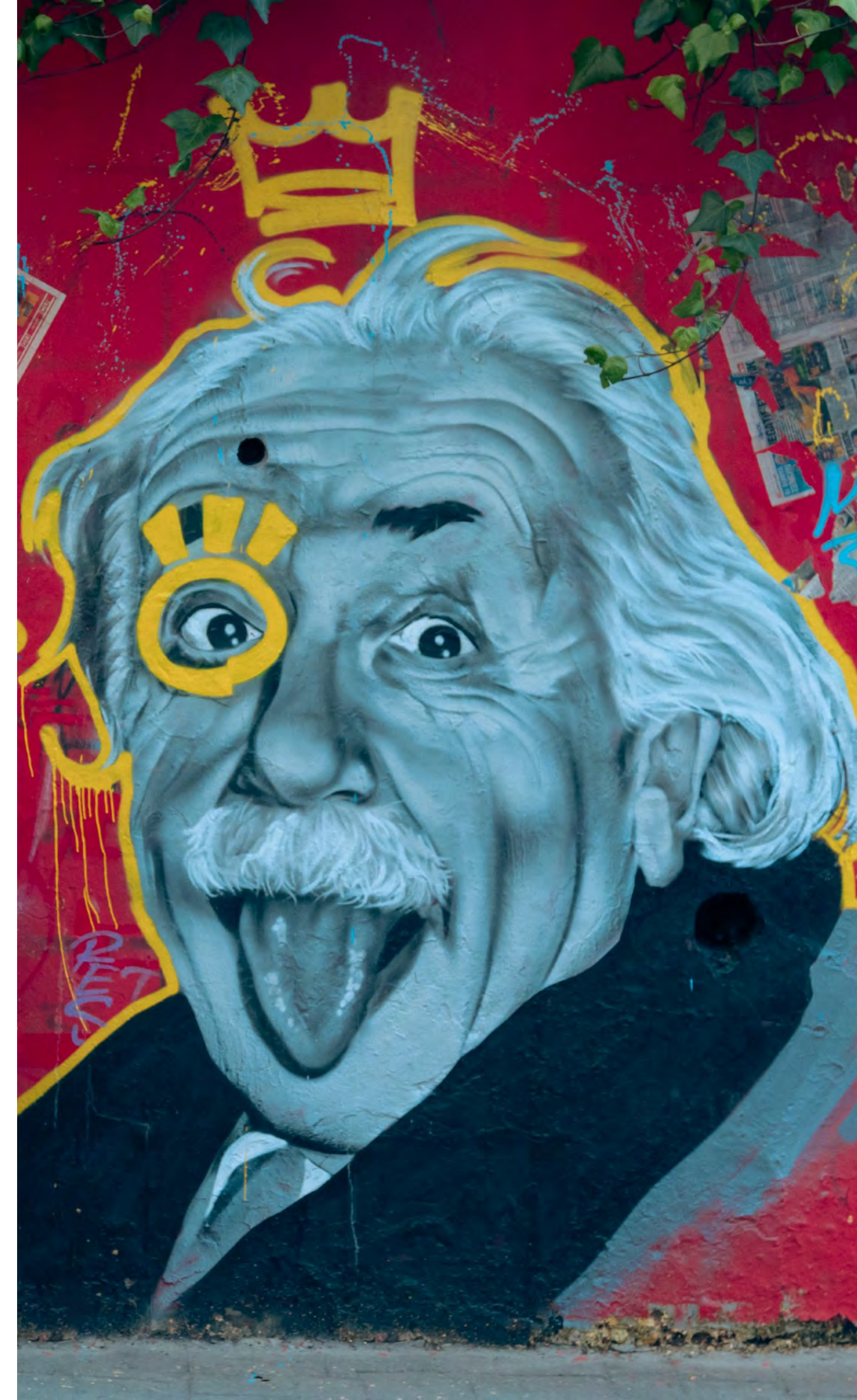
2. The expert

“I’m so ashamed I didn’t know the answer to that 1 question, I may as well have not tried in the first place”



3. The natural genius

“If I can’t get something right the first time, there’s no point continuing, I’m clearly not capable”



4. The soloist

“I shouldn’t need any help if I’m good at what I do, so I may as well give up now”



5. The superhuman

“I should be able to handle all my different responsibilities and be in 12 places at once”



Notice anything?

How to positively challenge & conquer



confidence \neq competence

**How many thoughts do
humans have per day?**

70,000

**Visualise what
success looks like.**



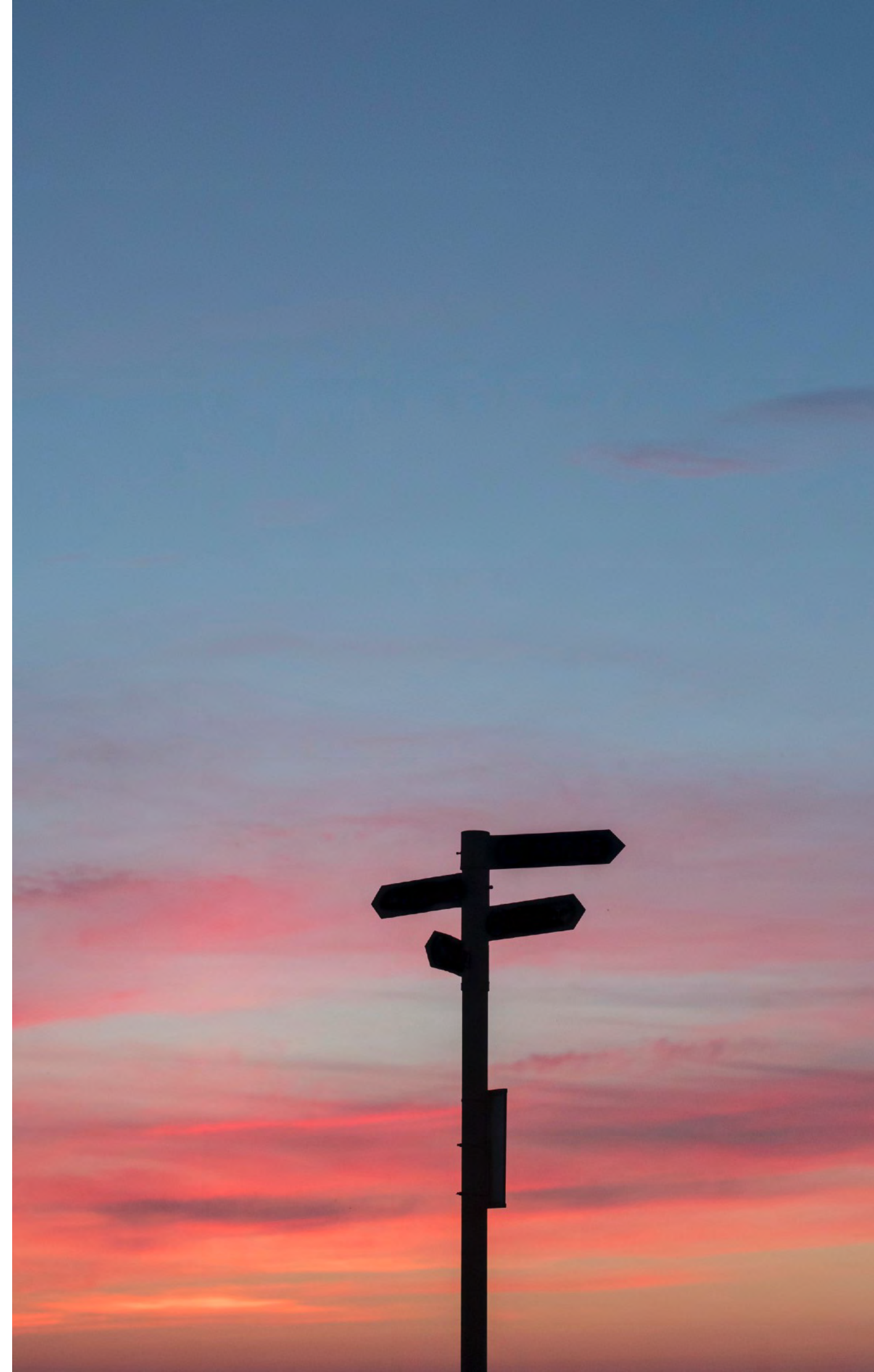
**Develop a positive
internal script.**



**Separate feelings
from facts.**



**See mistakes as
opportunities.**



**Celebrate yourself &
your achievements.**



Exercise

- 1. Write down 3 goals that you want to achieve in your career, and/or life, by conquering your Impostor Syndrome**
- 2. Write down at least 1 action per goal to create a practical plan to start turning them into a reality**

TIL Tips

**Embrace your you-ness
& lived experience.**



Be open minded.



Take (educated) risks.



**You don't ask,
you don't get.**



**Trust your intuition
& take action.**





Want to learn more?

- **The Impostor Phenomenon: Overcoming the Fear That Haunts Your Success, by Dr. Pauline Rose Clance**
- **Presence: Bringing Your Boldest Self to Your Biggest Challenges, by Amy Cuddy**
- **The Imposter Cure: Escape the Mind-Trap of Imposter Syndrome, by Dr. Jessamy Hibberd**



Check out TIL podcast & events!



Coming soon!

Let's connect!

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***“True power comes from turning
your knowledge into action.”***



Thank you!

