

Fearlessly Thriving without the Façade

SUMMARY:

During this call we'll discuss ways to live more authentically at work, common hurdles and how to overcome them. Many professional women suffer from putting on a facade at work, or more commonly known as having the impostor syndrome. We'll cover what it is, where it comes from, and what you can do about it.

The Top 3 Causes of the Impostor Syndrome:

- 1) External Validation Seeking**
- 2) Low self-worth / confidence**
- 3) Perfectionism**

CURRENT STATE:

Rate the following statements on a scale from 1 to 5. 5 being you agree the most.

I fear those I work with will find out I'm not as capable as they think I am.	1	2	3	4	5
I have difficulty accepting and embracing compliments around my work.	1	2	3	4	5
I believe luck brought me into my current position, rather than experience and skill set.	1	2	3	4	5

IF YOU SCORED A 3-5 ON ANY OF THE QUESTIONS ABOVE CONSIDER:

- Why did I give myself these ratings?
- What is getting in my way in any of being more confident and feeling most deserving of my current role?
- What would help lower my scores?

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DISCUSSION:

1. Share a time that the impostor syndrome showed up in your career?
2. Share which of the 3 causes of the impostor syndrome most resonate with you and why (either in the past or present).
3. Share a technique you've used to overcome moments when you've experienced the impostor syndrome.

TAKING ACTION:

Identify which of the 3 causes of the impostor syndrome most resonate with you: _____

What situations or events send you into the impostor syndrome?

1. _____
2. _____
3. _____

What are 3 steps you can begin to take to free yourself from the limiting and negative affects of the impostor syndrome?

1. _____
2. _____
3. _____

**1 in 3 WOMEN
DON'T FEEL 100% QUALIFIED
FOR THEIR JOB**