

Say goodbye to...

IMPOSTER SYNDROME

and hello to...

CONFIDENT HUMILITY

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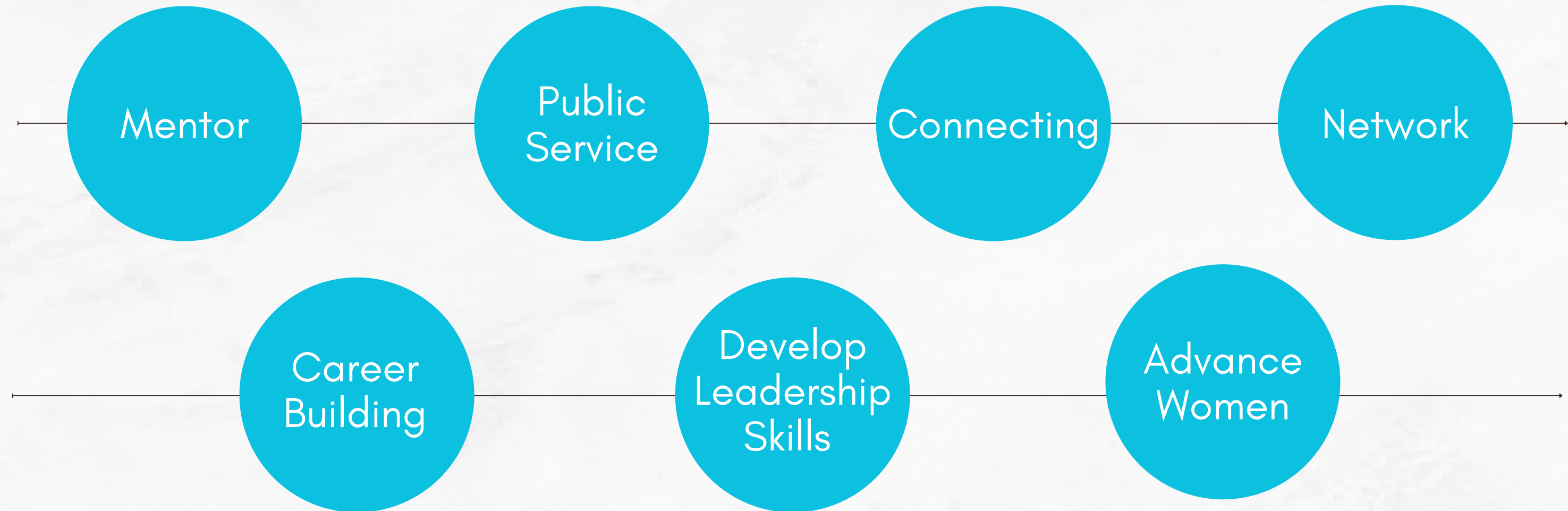


Why are you here?



Build Your Tribe

Mission Focused



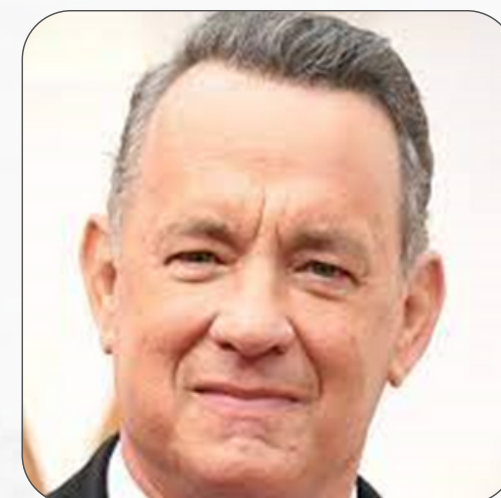
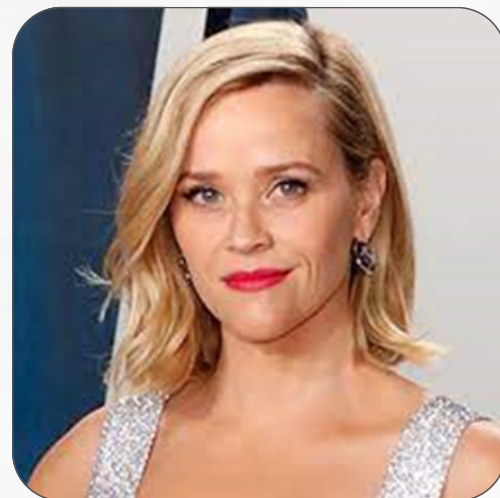
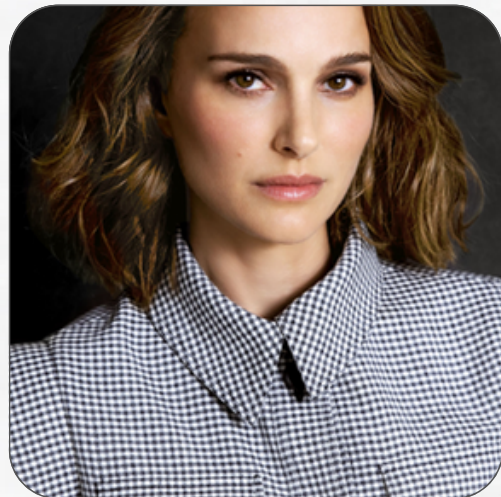
What is
Imposter
Syndrome?



Prevalence

- 70% of people feel like impostors at one time or another
- It disproportionately affects high-achieving people, who find it difficult to accept their accomplishments and question if they are deserving of accolades.
- It particularly impacts women and under-represented or disadvantaged groups

Who has admitted to having it?



Those pesky saboteurs...



Avoider



Controller



Hyper-Achiever



Hyper-Rational



Hyper-Vigilant



Pleaser



Restless



Stickler



Victim



The Perfectionist

This imposter mindset... 99 out of 100 is failure

Or this...

- There is no perfect, there is always progress
- When can "good" be good enough?



The Expert

This imposter mindset...you should know everything (knowledge version of perfectionist)

Or this...

You are a lifelong learner. You get to keep learning until the end so enjoy the journey instead of beating yourself up for not having arrived at some "false" destination.



The Natural Genius

This imposter mindset... people are born talented, smart and skilled. When faced with a setback, the imposter thought is... everyone else around me is achieving success and I'm failing.

Or this...



- Success is achieved through successes and failures and lots of hard work, people don't sail their way to the top.
- Adopt a growth mindset... "I've haven't learned this skill, yet..."



Rugged Individualist/Soloist



This imposter mindset...to succeed and own your accomplishments, they must be done alone

Or this...

- Get over yourself and start asking others for help – it grows you and them!
- Create or join a peer group and lean on your colleagues for advice and support – it's powerful!
- Always remember, you can only control what YOU can control

Superhuman



This imposter mindset... competence is measured in how much one can juggle, master of all trades

Or this...

- Scientists have not identified a superhuman, yet...
- Being overwhelmed, exhausted and resentful most often leads to burnout - is that what you want?
- Ask yourself, "What is needed for me to please myself?"

Practice Mental Fitness



Saboteur Interceptor Muscle

If you're in negative emotion for more than a second, you're in Saboteur mode. Label your thoughts and emotions in that moment as Saboteur and let them go. To be able to do that, you need to have studied your Saboteurs and discredited their lies and limiting beliefs.



Self-Command Muscle

10-second PQ Reps are powerful ways to command your mind to quiet the region where your Saboteurs live, and activate the region where your Sage lives. So every time you intercept your Saboteurs, do PQ Reps in order to pause and choose a Sage response.



Sage Muscle

Your Sage is the one in you that handles challenges with a clear and calm mind, and positive emotions. It uses the 5 primary powers of Empathize, Explore, Innovate, Navigate, and Activate. Once you've activated your Sage brain through PQ Reps, you'll have access to these powers.



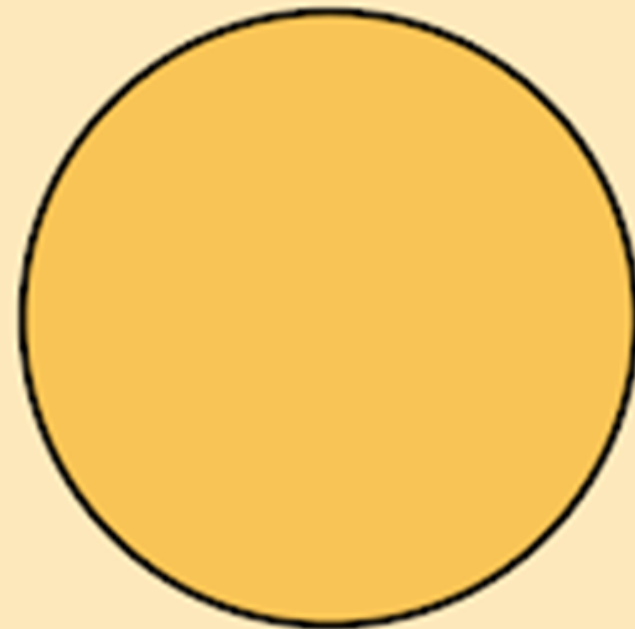
Thanks Vanessa!

SCIENCE OF PEOPLE



Who you think you are:

- An awkward, crazy mess of an individual who tries too hard to impress people and has no talent.



Who others think you are:

- A pretty cool person.

Flip the
SCRIPT

Coaching Tips and Strategies

- Examine your life's purpose
- Get clear on your value, and your values
- Visualize your success
- Keep a success file
- Keep digital consumption in check (comparison is the thief of joy)
- Before you say NO (I can't do that, I'm not the right person), consider a YES...
- Lead with HOPE for your future, actively seek opportunities that align with your life's purpose

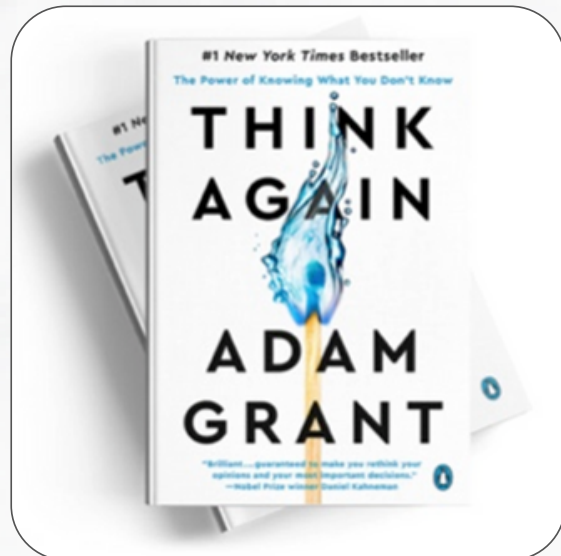
Coaching Tips and Strategies

- Embrace curiosity – what could you learn from taking a risk?
- Focus on incremental growth – life is a journey, not a destination
- No change happens without emotion – what’s your why for making a change?
- Practice power postures, it builds confidence and boosts your willpower
- Have accountability partners
- Share your goals and dreams with others – verbal declaration makes it real
- Adopt a mantra – “I don’t do imposter syndrome”

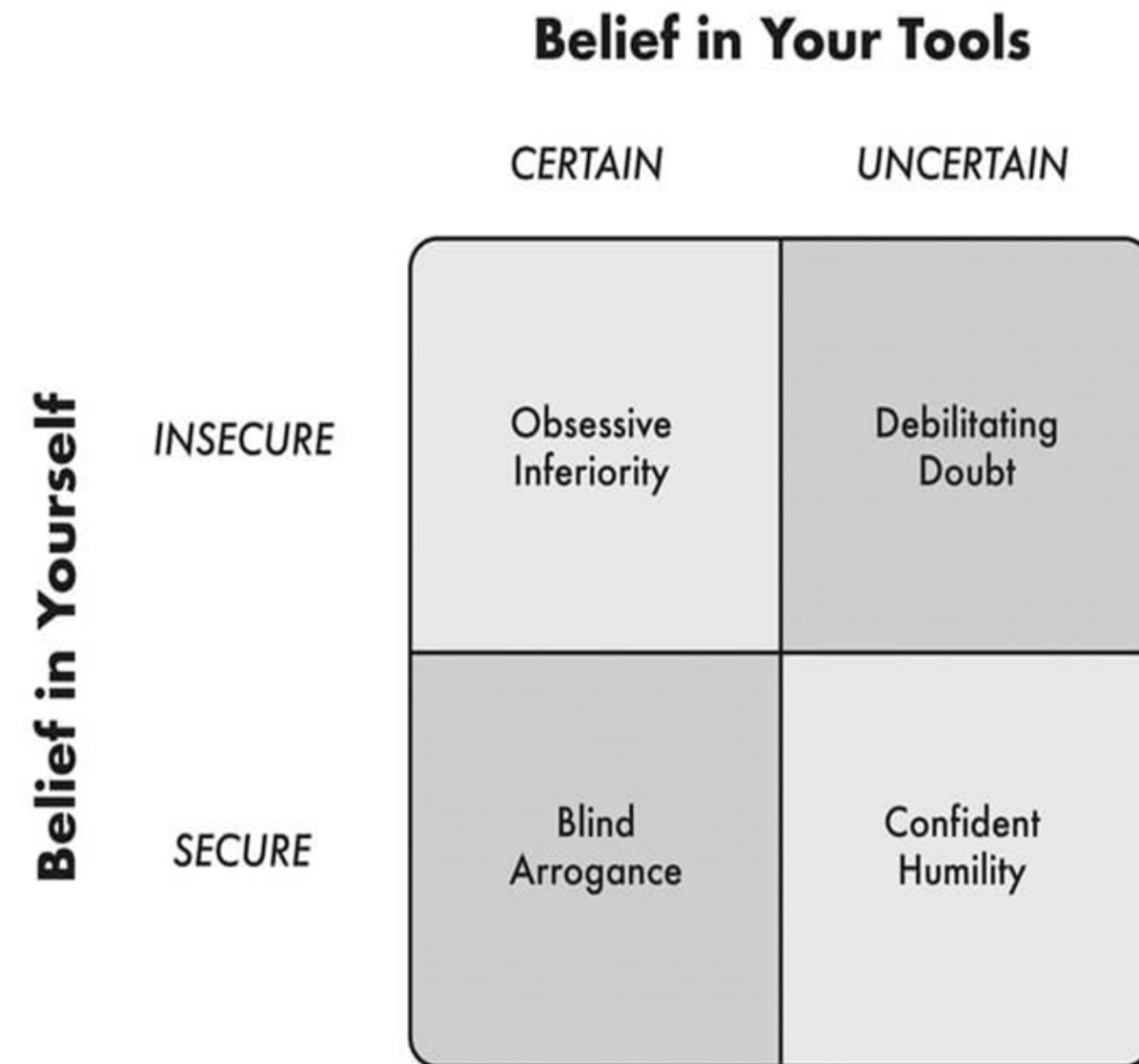
Group Up

- Introduce yourselves
- Confirm your commitment to confidentiality
- Exchange contact information
- Read the scenario and discuss your reactions
- Share your own experiences with imposter thoughts – make sure all get a turn
- Bust the myths you hear and hold up the mirror for your peers
- Claim one action you will take to address a negative narrative/build your confidence, by when
- Schedule a check in call with your group **by June 30** for accountability and support

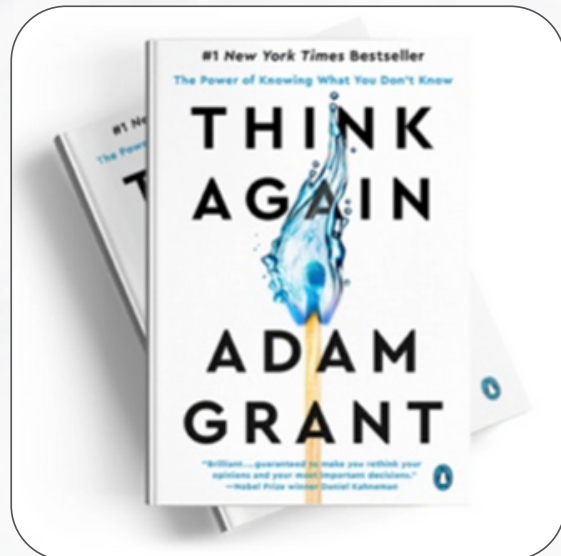
Adam's Advice...



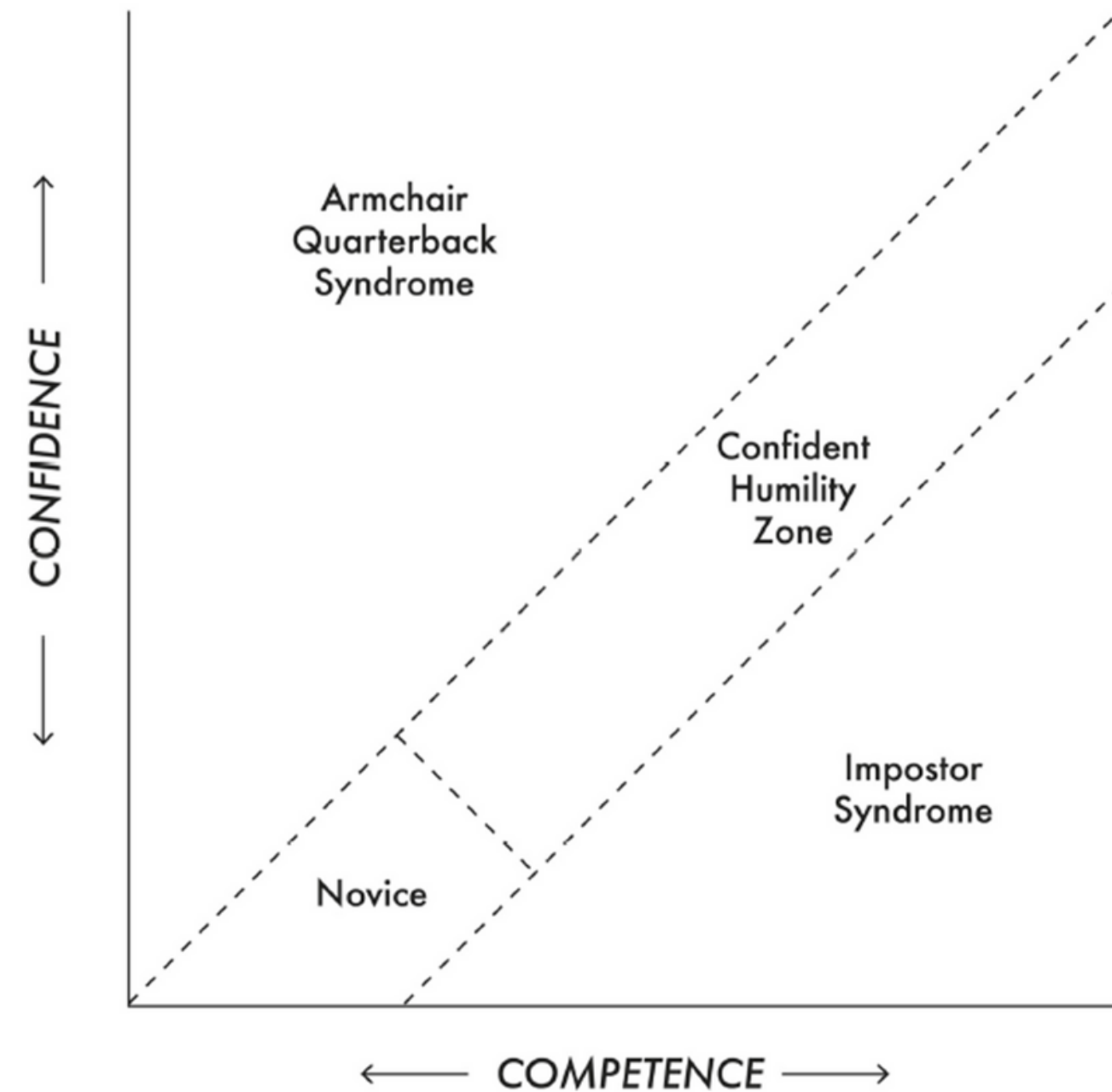
THE CONFIDENCE SWEET SPOT



Confident Humility



CONFIDENCE vs. COMPETENCE



The Upside of Imposter Syndrome

Basima Tewfik



Realize the benefits...Reap the Rewards

People who claimed imposter thoughts were actually MORE...

- Adept at relationships
- Others-oriented
- Likable

Call to Action

- Take ownership of the stories you tell yourself.
- Take the action you claimed to your peers, be accountable to yourself.
- Connect with your accountability partners by June 30!

YOU are the LEADER of YOUR LIFE - Own it!

Thank you!



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Reach out to schedule a call with me: <https://meetme.so/ashleywardcall30min>

We would love to have you join a Charmm'd Peer Advisory Group