



Imposter Syndrome: Is that really me?

Ever wondered what makes you believe the doubts you harbor about your own capabilities and achievements? Or how the impression you have in front of the world varies tremendously from the impression you hold true for yourself?

The answers to these questions lie in the term: Imposter Syndrome. This syndrome affects a large number of people, contributing to a fracture in self-image, self-confidence, and overall performance arc. The hindrance due to this syndrome is quite imposing thus bringing it to our notice.

In this hour-long program, we discuss the what, the why, and the how regarding Imposter Syndrome along with a Q&A segment.

Content

A. Exploring the concept

B. How to identify the signs?

- Personality traits
- Thinking errors
- Actions

C. Impacted areas of life

- Work and career
- Personal life
- Interpersonal relationships

D. Correlation: Imposter Syndrome Vs Psychological Well-being

- Mental health concerns

E. Turning the tide: Using Imposter Syndrome as a strength

- Adversity is a friend

F. Techniques to overcome Imposter Syndrome

- Practical tips and ways

