

Imposter Syndrome



"Imposter Syndrome is loosely defined as doubting your abilities and feeling like a fraud. It disproportionately affects high-achieving people, who find it difficult to accept their accomplishments. Many question whether they're deserving of accolades" ~ **Harvard Business Review**

Why would we want to be liberated from Imposter Syndrome? How does imposter Syndrome affect you?

Imposter syndrome affects the relationship you have with yourself, it fuels negative self-talk and limiting beliefs.

In relationships with others, imposter syndrome promotes fitting in instead of belonging. In her book, **The Gifts of Imperfection**, Brené Brown beautifully explains; "fitting in is about assessing a situation and becoming who you need to be, to be accepted. Belonging, on the other hand, doesn't require us to change who we are, it requires us to be who we are."

How does Imposter Syndrome affect your career and business?

Imposter syndrome can have a devastating impact on your career or how you run your business. It may prevent you from living and expressing your truest self at work. It could limit your earning potential. Also, imposter syndrome prevents you from showing up authentically and leaving a lasting legacy and impact on your team, clients, partners, and colleagues.

When do we need to take action? Why is this urgent now?

We are growing increasingly tired of fake news, inauthentically perfect Instagram lives, and false modesty. We are looking for a healthy dose of **reality**.

Imposter syndrome is holding us back in all of our life relationships and business and so, starting is urgent! It's important now because we're looking for **sustainability**.

How can we live a confident, authentic, liberated lives?

The Confidence Journey - Discover that:

- Confidence does not come from one day when: I'm rich enough, educated enough, thin enough, successful enough, popular enough.
- Confidence comes from self-acceptance of all of who we are: our genius, slowness, mediocrities, quirks, introversions, and extroversions.

The Essence Journey: Your greatest value lies in your truest self, your essence.

- Stop asking how intelligent, creative, and relational am I?
- Instead, ask how am I intelligent, creative and relational?
- Make yourself a top task for each day!

Liberation from Imposter Syndrome – Here are just some ideas that could help you liberate yourself from imposter syndrome, the key is to remember that we are all unique.

- Know who you are – open all those doors
- Accept who you are – be curious about what you find
- Grow who you are – growth is becoming more of who you really are, adding knowledge and skills to the best of you
- Love who you are – nurtured love overflows to others
- Bring who you are – your essence is a unique gift to your world.

I hope you enjoyed the presentation!

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