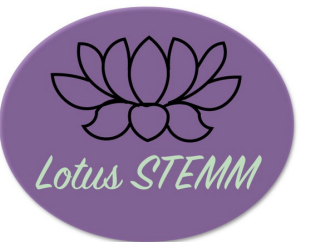


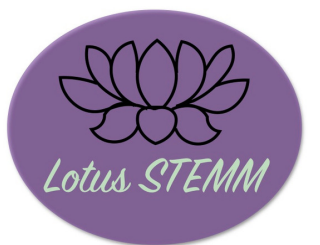
Lotus STEMM presents

Imposter Syndrome: What is holding you back?

Roopali Chaudhary, PhD.
lotusstemm@gmail.com
chaudha8@gmail.com

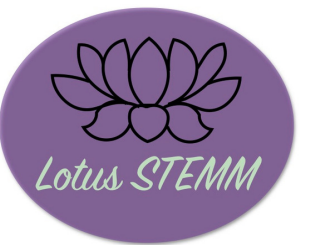


We are on the traditional territory of the Anishnabek, Huron-Wendat, Haudenosaunee (Iroquois), Ojibway/Chippewa peoples and home to the Métis. This territory is covered by the Upper Canada Treaties.



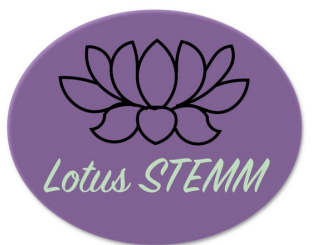
Imposter Syndrome (*aka Imposter Phenomenon*)

- Feelings of intellectual incompetence - *you are not skilled enough for your career*
- How does it feel?
- *"Anyone can do it"*
- *"It was nothing"*
- *"Just got lucky"*
- *"Don't know how you did it; bet you can't do it again"*
- *"You don't deserve to be here, these people are actually smart"*



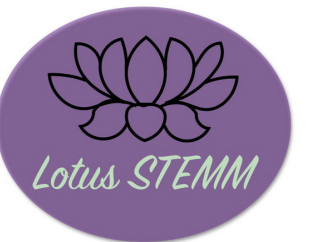
Imposter Syndrome (*aka Imposter Phenomenon*)

Especially common in fields where work is done individually, but finished product is released publicly, such as writing, academic research, presentations, etc.



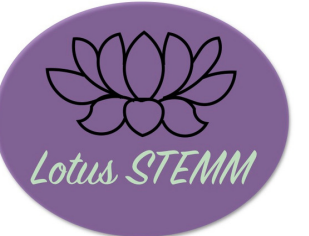
WHY?

- Desire of perfection - *everything must be perfect before you submit (don't want to look stupid)*
- Careers with constant criticism - *measure ourselves to other's definition of success*
- Expectations - *parental, community, society*
- Lies we tell ourselves - *successful career = successful life*



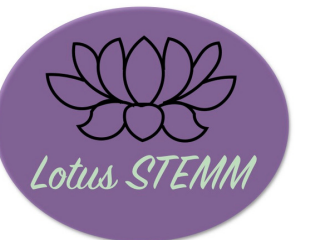
Desire of perfection

- Imposter syndrome comes with painful perfectionism
- Fear of failure with achievement-related tests
- Denial of competence or discounting of praise
- Fear and guilt about success



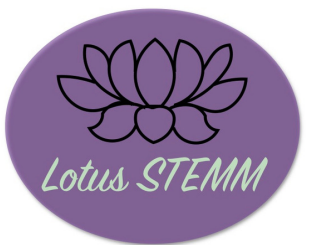
Careers with constant criticism

- Measure our success with other people's definition of success
- Especially true if you are constantly receiving feedback
- Feeds back into perfectionism



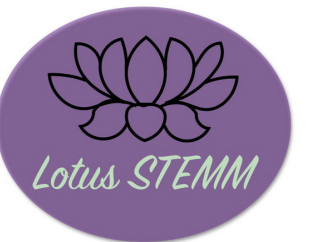
Parental Expectations

- Immigrant parents (maybe even yourselves) have moved from another country for a "better life", therefore failure is not an option.
- *"Remember your roots"*
- *"We only came here for your benefit"*



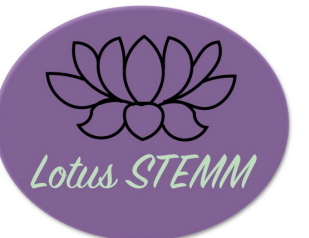
Community Expectations

- Chronic comparison to others
- Your self worth/esteem is dependent on how others think of you (especially for immigrants)
- Your family's reputation is tied to each family member; you fail, your family fails



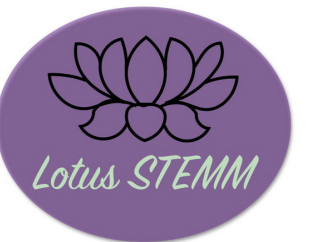
Societal Expectations

- Women are emotional, men are not
- Women are dainty and delicate, they are better suited for arts
- Intercultural competency: implicit biases, stereotypes, racism



Lies we tell ourselves

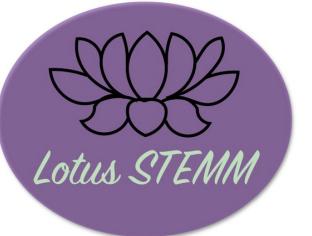
- Successful career = successful life
- Don't air your dirty laundry (especially true with immigrants)
- It's easier for talkers/extroverts to be successful
- The more you hear you are not "*supposed to*", the more you believe it



Lies we tell ourselves

- Successful career = successful life
- Don't air your dirty laundry (especially true with immigrants)
- It's easier for talkers/extroverts to be successful
- The more you hear you are not "*supposed to*", the more you believe it

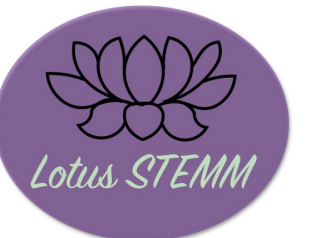
How do YOU define success?



How do YOU define success?

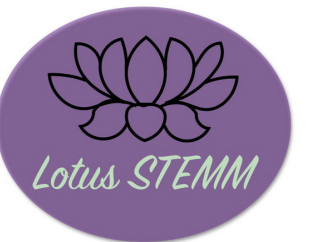
In Groups of 2-3, discuss what success means/looks like for you:

- Think of motivators (money, family, status, self-value, etc).



What can you do to combat Imposter Syndrome?

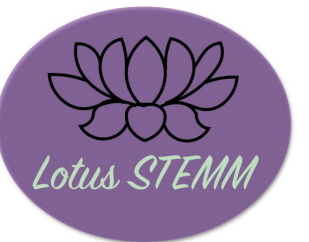
- Talk to someone you trust!
- Be careful of what you tell yourself
- Teach others
- Ask others what they think about you, and OWN it!



Take a compliment

In Groups of 2-3, give each other compliments:

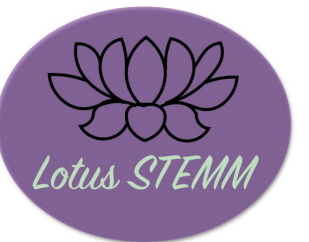
- What makes the other person stand out?



Defusing your negative thoughts

Introducing **Sonia Kamboj** from *Grateful Beings*.

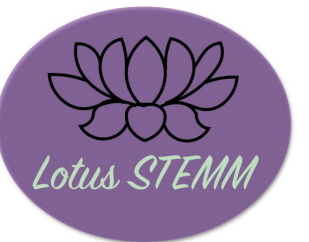
beings.grateful@gmail.com



Defusing your negative thoughts

The Happiness Trap by Dr Russ Harris

1. Label Thought
2. Let Thoughts Float Away
3. Sing Your Thoughts
4. Say In Funny Voice
5. Thank the Mind
6. Name The Story

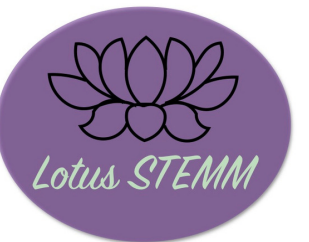


Defusing your negative thoughts

8 Rewirements for The Brain:

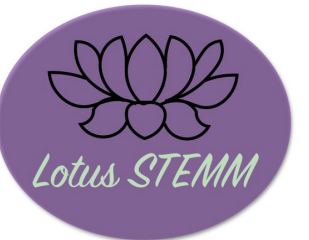
1. Signature Strengths
2. Savoring
3. Grateful
4. Kindness
5. Social Connection
6. Exercise
7. Sleep
8. Meditation

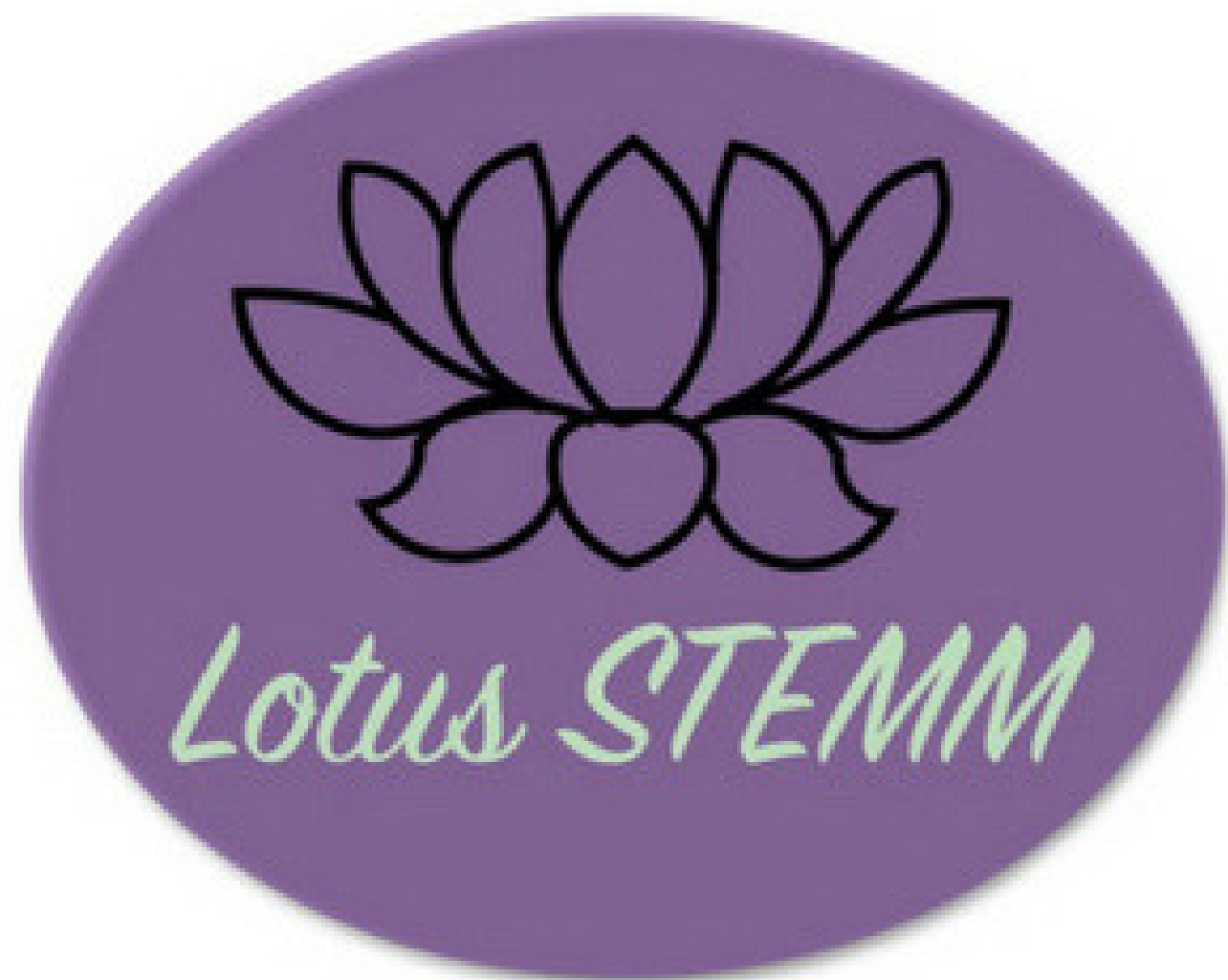
Course: The Science of Well Being :
What Psychological Science says
About the Good Life by ***Laurie Santos***



Defusing your negative thoughts

We spend so much time in our lives miswanting things we think will bring us happiness. Making an effort to bring these rewirements into our daily lives can increase our overall happiness.





Networking and Leadership platform for South Asian women in STEMM

Because you are not alone



@Lotus_STEMM



@lotusstemm



lotusstemm@gmail.com



Lotus_STEMM

