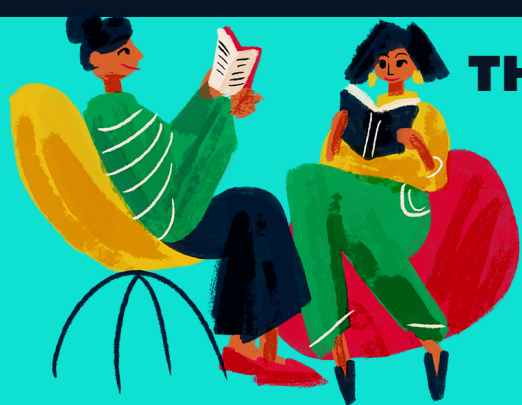


# WHICH IMPOSTER SYNDROME ARE YOU? © INFOGRAPHIC



## THE EXPERT- YOU EXPECT TO KNOW IT ALL

1. Compare like for like's. Avoid unequal comparisons with people who have more experience in a role, as it's natural that they know more.
2. Remind yourself that there are no gender or racial competencies necessary for your tasks. More women, 76%, than men, 56% have reported experiencing imposter syndrome. Recognise that you have the skills even if you don't feel you like you "fit" or belong.
3. Mentor junior colleagues or volunteer to engage your inner expert' Your experience and knowledge will be useful to those who are further down the ladder.



## THE SOLOIST-YOU CAN'T ASK FOR HELP

1. Talk about your experiences with people you trust. Keeping your IS feelings to yourself can make them overwhelming. Talking about it can help to find a solution.
2. Purposely seek out opportunities to work on rejects with other people" Witnessing the great range of skills of others will open your eyes to the benefits of collaboration
3. Make a list of people you have learned from. This helps to recognise that skills are passed down from others and not just created internally.

## THE NATURAL GENIUS-IT HAS TO BE A TALENT

1. Appreciate that great achievement requires lifelong learning's. Natural ability is only the seed of success. You won't achieve much without a strong work ethic.
2. Identify specific skills that you can improve over time' Admit that you should work on specific skills to ensure you are building on your talents.
3. Break tasks into smaller, more achievable chunks. A major task taken as one block can seem overwhelming. Creating smaller chunks makes it more manageable.



## SUPERHERO-YOU HAVE TO EXCEL AT EVERYTHING

1. Reframe failure as a learning opportunity" Use failures as an opportunity to discover how to improve rather than a reason to be hard on yourself.
2. Seek out an experienced mentor 70% of people have, at some time experienced IS. Share your feelings with someone who has experienced it to see how they overcame it.
3. Remind yourself that constructive criticism is not personal" Take constructive criticism as a positive opportunity to grow rather than an implication that you're not good enough.

## THE PERFECTIONIST-SET IMPOSSIBLY HIGH STANDARDS

1. Push yourself to act before you're ready" It's important to realise that there will never be a "perfect time" to start or ask for something.
2. Embrace the mantra that progress beats perfection. Recognise that honing your talent is more important than expecting yourself to be an automatic expert.
3. Document your accomplishments to see how well you are actually doing. Track your progress so you don't feel you are failing if you don't reach the unachievable goals you set yourself.



## DEPENDING ON WHICH TYPE OF IMPOSTER SYNDROME, YOU WILL NEED DIFFERENT SOLUTIONS

Impostor syndrome can affect your sense of self-worth, happiness and professional progression and affects the majority of people at some time in their life. Addressing your impostor syndrome will allow you to accept that you deserve your success and allow you to reach greater heights in your professional life. Book a call with Pinky by scanning this QR code to find out how she can help you.



Mindset  
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