

# Dealing with Imposter Syndrome



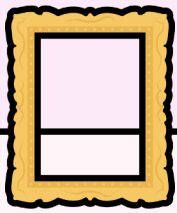
**Identify Your Triggers:** Pay attention to situations/ events that trigger feelings of imposter syndrome. This can help you notice when you need take steps to address them.



**Self-Compassion:** Be kind and compassionate to yourself. Remember that everyone experiences setbacks and challenges, and it's important to be gentle with yourself during these times.



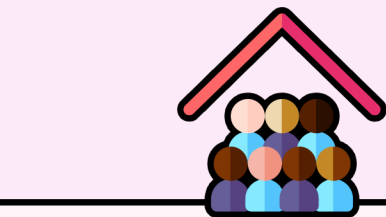
**Focus on Achievements:** Acknowledge your achievements and the positive impact you've had in your role. List your accomplishments, and refer to it when you're feeling self-doubt.



**Reframe Your Thinking:** Challenge negative self-talk by reframing your thoughts in a more positive light.



**Seek Support:** Talking through your feelings with someone you trust can help you gain perspective and feel more grounded.

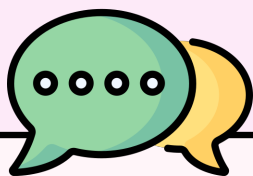


**Connect with Community:** Build connections with colleagues/peers who share similar ethnic or cultural backgrounds. A sense of community and support can help you feel more grounded in the workplace.

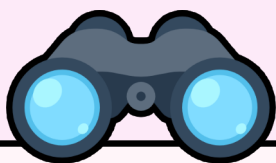
For example, instead of thinking "I'm not qualified for this position" reframe it as "I bring unique skills and experiences to this role"



**Seek Out Role Models:** Looking for individuals who look like you in leadership roles can help you feel more confident and validated in your own abilities.



**Advocate for Yourself:** Be willing to speak up and advocate for yourself in situations where you feel marginalised or overlooked.



**Recognise Your Unique Perspective:** Recognise and celebrate the diversity you bring to your organisation and the contributions you make as a result.



**Assert Yourself:** It's important to assert your value and worth in the workplace and to advocate for fair treatment and recognition of your contributions.