

The Impostor Syndrome

GOTOams 2016,
Gitte Klitgaard, Native Wired



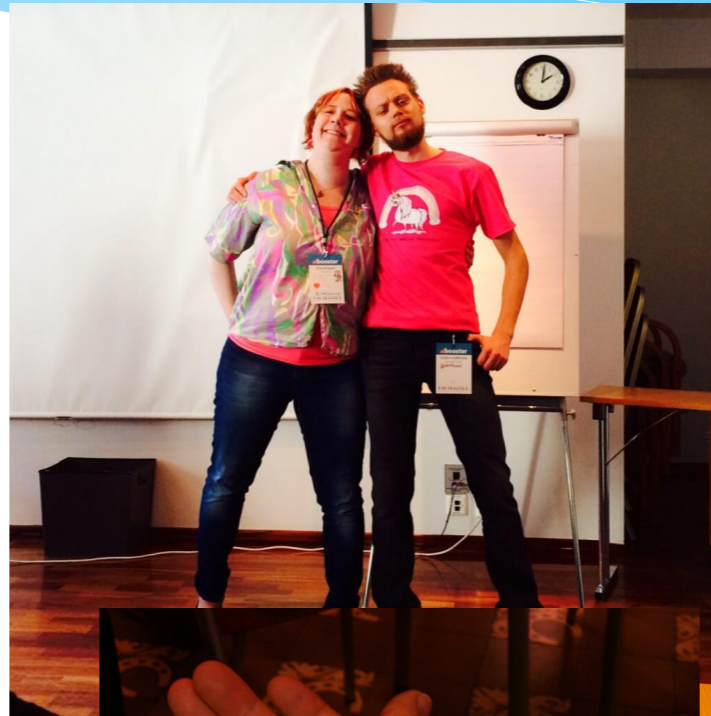
Let us know
what you think



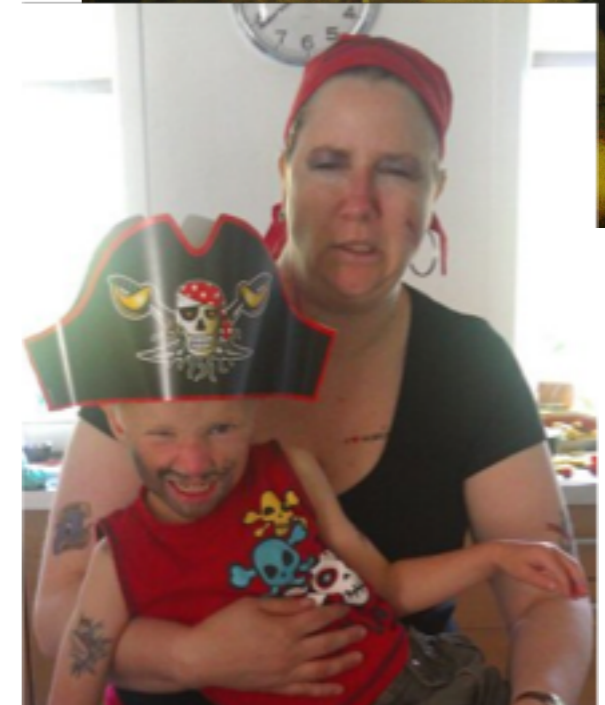
Click 'Rate Session'

Rate **10** sessions to get the
supercool GOTO reward

Me



@nativewired



Agenda

- * Impostor Syndrome – the gist
- * Why am I talking about it?
- * What is it?
- * So what is good about it?

Impostor Syndrom

The Gist

Did you ever feel like this?



@nativewired

<https://www.instagram.com/p/8tcAWOkabO/>

Impostor syndrome or Fraud Syndrome

Everyone else is better than me. I am not as good as people think I am and I am going to be found out.

Geoff Watts and Kim Morgan: “The Coach’s Casebook”

Why am I talking about it?

Why am I here?

I don't know system's theory
– am I a proper agile coach?

I was lucky
to be at
ACCDE11

What happens when
people find out that
I can't speak?



So what is it?

Some Facts

- * Described 1978 by clinical psychologists Dr. Pauline R. Clance and Suzanne A. Imes
- * Definition: “*high-achieving individuals marked by an inability to internalize their accomplishments and a persistent fear of being exposed as a "fraud"”*”
- * *Noticed high-achieving women tended to lack faith in intelligence and confidence*

Results of Article

- * Diligence
- * Feeling of being phony
- * Use of charm
- * Avoiding display of confidence
- * Burn-out & Sleep deprivation



More Words on it

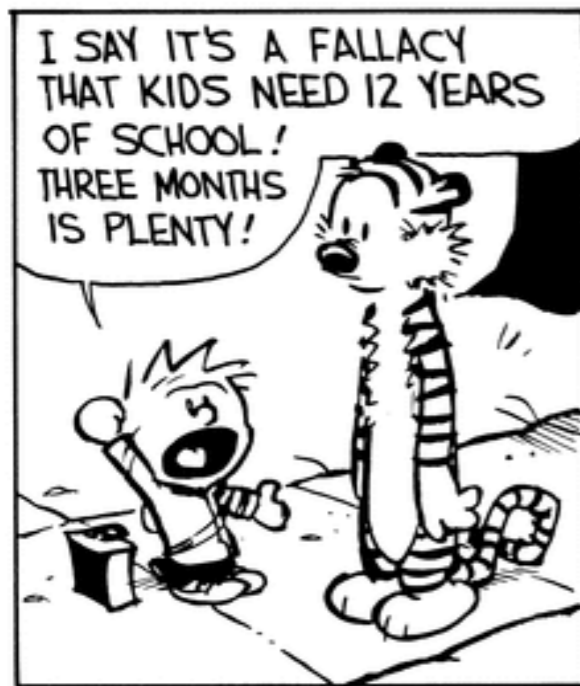
- * “If I can do it, then it can’t be hard”
- * “I was lucky to be at that place at that time”
- * “I don’t understand why others think so much of me – I am only me”
- * “I am still missing doing x”

Inspired by “The Coach’s Casebook”

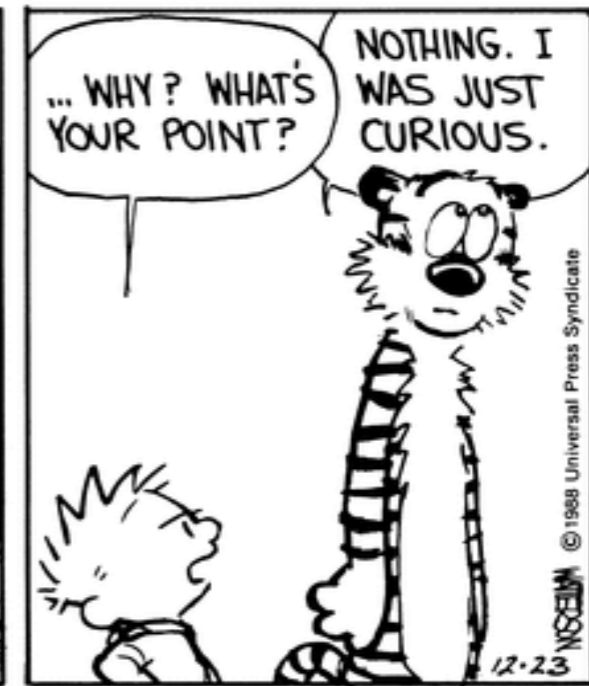


So what is good about it?

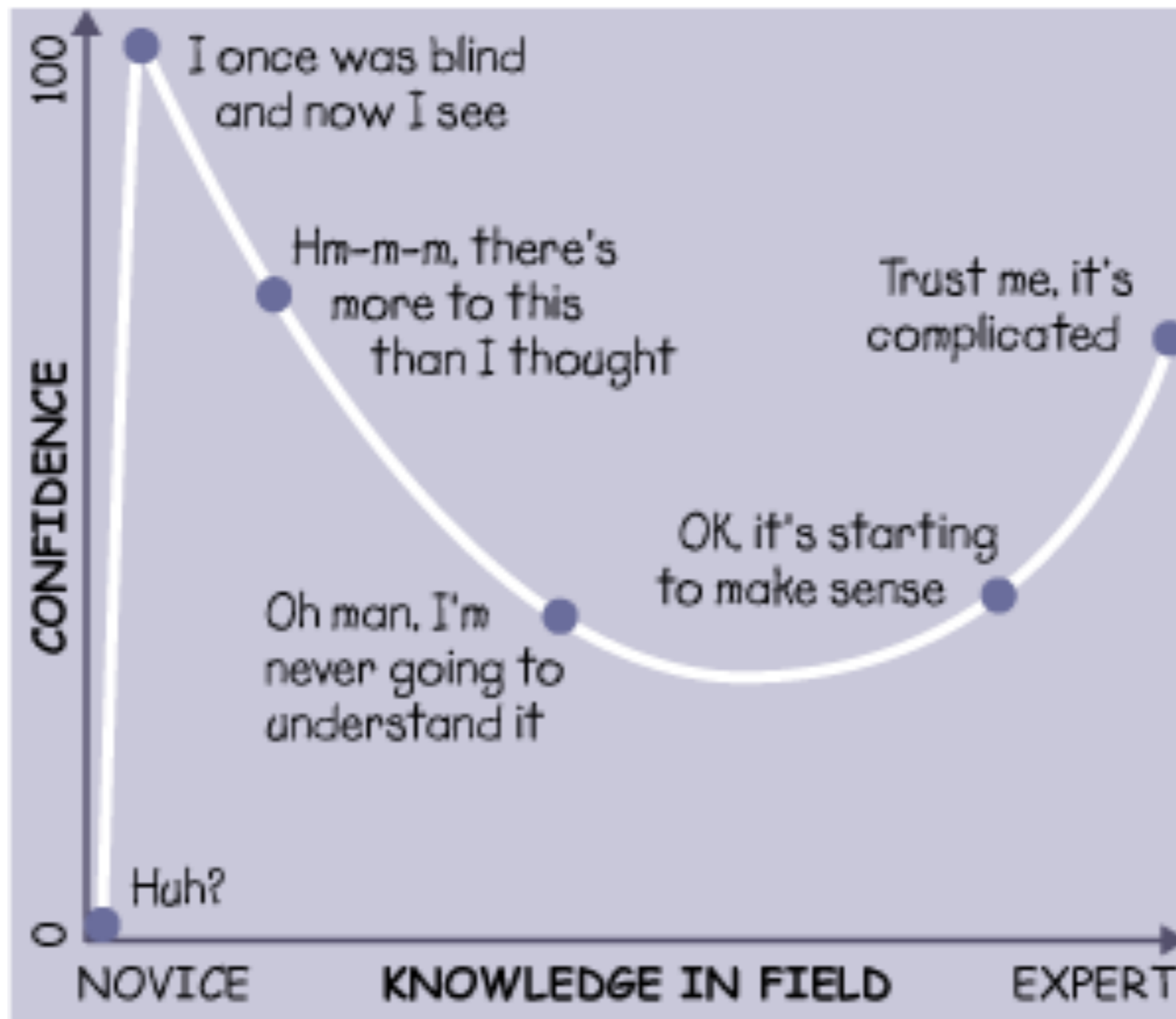
Dunning-Kruger Effect



LOOK AT ME. I'M SMART! I DON'T NEED 11½ MORE YEARS OF SCHOOL! IT'S A COMPLETE WASTE OF MY TIME!



Dunning-Kruger Effect



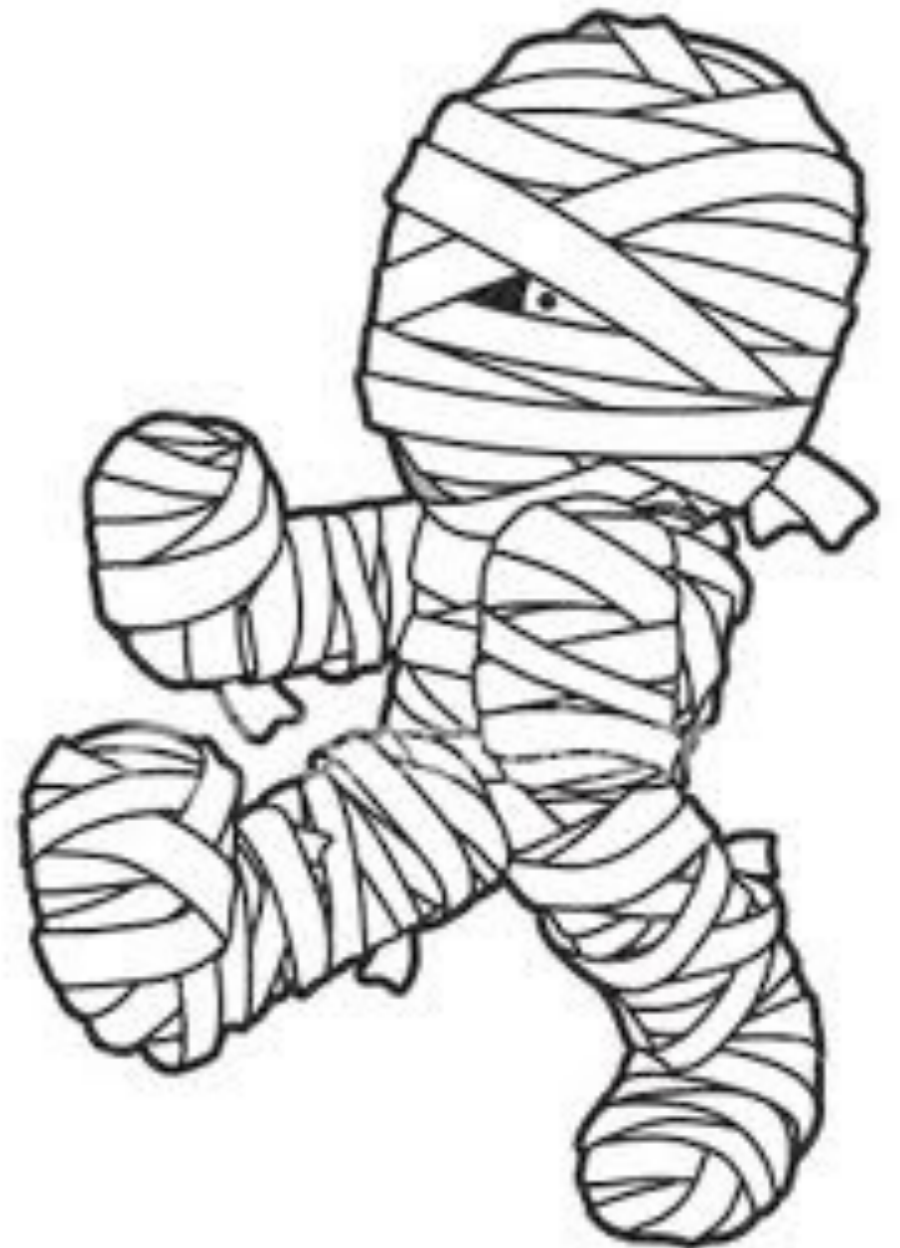
I am not good enough for the Impostor Syndrome



How can we use this to our advantage?

- * **Understand that fear indicates growth**
- * **Realize that your experience is unique**
- * **Recognize your accomplishments**
- * **Keep pushing your boundaries**
- * **Improve where you have passion**
- * **Always grow your network**

Wrapup



We love connecting :)

Feel free to contact me:



@nativewired



gitte.klitgaard@yahoo.dk

Linked  <http://www.nativewired.com/blog/>

dk.linkedin.com/in/gitteklitgaard/



Rating



Please

**Remember to
rate this session**

Thank you!

Links

- * Wikipedia

https://en.wikipedia.org/wiki/Impostor_syndrome

- * Husky cat Rosie 😊

<https://www.instagram.com/p/8tcAWOkabO/>

- * Blog Post by Mark Kilby

<https://www.agileconnection.com/article/move-past-your-comfort-zone-use-imposter-syndrome-your-advantage>

- * Geoff Watts and Kim Morgan: “The Coach’s Casebook”

- * Dunning-kruger effect – picture from

<http://forum.saxontheweb.net/showthread.php?236621-The-3-stages-of-a-learning-saxophonist-and-the-Dunning-Kruger-effect>