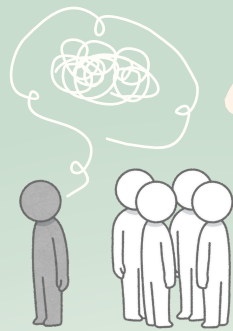


## Common Signs of Imposter Syndrome

- Self-Doubt
- Overworking
- Attributing Success to Luck
- Fear of Failure
- Discounting Praise



# IMPOSTER SYNDROME

## Types of Imposter Syndrome

- **Perfectionist** : Must be perfect
- **Superwoman/Superman** : Must excel at everything
- **Natural Genius** : Must be a natural
- **Soloist** : Must do it alone
- **Expert** : Must know everything

Imposter Syndrome is a psychological pattern where individuals doubt their accomplishments and fear being exposed as a 'fraud,' despite evident success. It includes the fear of being found out or caught, feeling unqualified for their job, and believing their lack of ability will be discovered.



### Effects of Imposter Syndrome

- Personal impacts: Chronic stress, anxiety, depression, low self-esteem.
- Professional impacts: Avoidance of career advancements, job dissatisfaction, burnout.

Perfectionism

New Challenges

Family Expectations

Work Culture



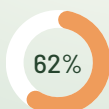
## Official Statistics on Imposter Syndrome



People will experience it at some point in their lives.



Employees in the UK feel that has hindered their career progression.



More common among women.



## Tips for Overcoming Imposter Syndrome

Challenge and change negative self-talk.

Talk to mentors, colleagues, or a therapist about your feelings.

Recognise and accept your feelings of self-doubt.

Take time to acknowledge your successes and strengths.

Break tasks into manageable steps and set achievable goals.



If imposter syndrome is affecting your mental well-being or performance at work, it may be helpful to seek professional support. Psychodynamic therapy can assist in exploring and addressing these feelings.



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