

# Storyboard for Imposter Syndrome Mindset

**Business Purpose:** CNJ Technology (fictitious company) is promoting employee health and wellness in their work environment. The company wants to bring awareness to their health and wellness program. The Wellness Committee has identified 12 topics to focus on.

**Business Goal:** CNJ Technology will develop a series of engaging health and wellness courses to increase employee wellness, productivity and engagement.

**Target Audience:** All employees

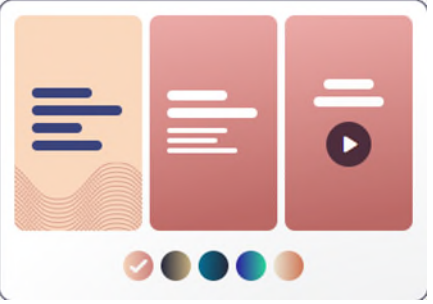
**Training Time:** 10 minutes

**Intended Outcomes (Learning Objectives):** Over all the purpose of these individual microlearning trainings is increase awareness for the health and wellness program.

- Define different areas for health and wellness
- Evaluate your own importance for each health and wellness area

**Notes for Reviewer:** Please use Comments in Review tab for feedback and questions. All comments will be resolved before programming can begin.

Questions for reviewers are indicated with **green highlighting**. All questions will need to be resolved before programming can begin.

Card	
Visual Content	Audio/Voice Over
 <p>Theme</p>	

## Chapter 1

Card 1	
Visual Content	Audio/Voice Over
What is Impostor Syndrome?	

Card 2	
Visual Content	Audio/Voice Over
<p>Picture of person at top of mindset</p> <p>Health and Wellness Series</p> <p>Impostor Syndrome – Mindset</p>	

Card 3	
Visual Content	Audio/Voice Over
<p>Self Assessment: Read each statement and mark the boxes that apply to you.</p> <p>I don't deserve my accomplishments. When looking at my work, I'm always finding mistakes.</p>	

<p>I tend to think, "If I can do it, everyone else can do it too." I focus on my shortcomings rather than my successes.</p> <p>Comment Option: If you checked one or more boxes, you might suffer from impostor syndrome.</p>	
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Card 4	
Visual Content	• Audio/Voice Over
<p>Nearly 70%</p> <p>Of adults have experienced some form of <b>Impostor Syndrome</b></p> <p>Picture on bottom</p>	<ul style="list-style-type: none"> <li>•</li> </ul>

Card 5	
Visual Content	• Audio/Voice Over
<p>Who can suffer from Impostor Syndrome?</p>	<ul style="list-style-type: none"> <li>•</li> </ul>

Card 6	
Visual Content	• Audio/Voice Over
<p>People from all walks of life:</p> <p>CEOs Interns Authors Doctors Actors</p> <p>Picture on the bottom of people</p>	<ul style="list-style-type: none"> <li>•</li> </ul>

Card 7	
Visual Content	Audio/Voice Over
<p>Picture of Michelle Obama at top</p> <p>“I still have a little impostor syndrome. It doesn’t go away, that feeling that you shouldn’t take me that seriously. What do I know?” – Michelle Obama</p>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>

Card 8	
Visual Content	Audio/Voice Over
<p>“When are they going to discover that I am, in fact, a fraud and take everything away from me?” – Tom Hanks</p> <p>Picture of Tom Hanks at bottom</p>	<ul style="list-style-type: none"> <li>•</li> </ul>

Card 9	
Visual Content	Audio/Voice Over
<p>AI video</p>	<p>Impostor Syndrome involves feelings of self-doubt and have internal experiences of believing that you are not as competent as others perceive you to be. Some have feeling of inadequacy, dismissal of achievements, and fraudulence.</p>

## Chapter 2

Card 1	
Visual Content	Audio/Voice Over
<p>Different types of Impostor Syndrome</p>	

Card 2	
Visual Content	Audio/Voice Over
<p>Perfectionist</p>	

<p>Sets unrealistic goals and then feels like a complete failure when the goals are not met.</p> <p>Never satisfied and always feels the work could be better.</p> <p>Picture of blue sky with clouds on whole card.</p>	
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Card 3	
Visual Content	Audio/Voice Over
<p>Superhero</p> <p>Are convinced that everyone else is doing a better job than them.</p> <p>Push to work as hard as possible.</p> <p>Picture of superhero on whole card.</p>	

Card 4	
Visual Content	Audio/Voice Over
<p>Natural Genius</p> <p>Think that if they don't get things right on the first try, then they have failed.</p> <p>If it doesn't come easily, their brain tells them that's proof they're an impostor.</p> <p>Picture of someone holding a lightbulb on whole card.</p>	

Card 5	
Visual Content	Audio/Voice Over
<p>Soloist</p> <p>Believe that they need to do everything themselves.</p>	

<p>If they need to ask for help, then they obviously have failed.</p> <p>Picture of a solo person on whole card.</p>	
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Card 6	
Visual Content	Audio/Voice Over
<p>Expert</p> <p>Will not extend themselves outside of their comfort zone unless they feel that they are extremely good at the task.</p> <p>Even though they are highly skilled, they underestimate their own expertise.</p> <p>Picture of books on whole card.</p>	

## Chapter 3

Card 1	
Visual Content	Audio/Voice Over
<p>How Impostor Syndrome holds us back</p>	

Card 2	
Visual Content	Audio/Voice Over
<p>Wasted time on over-preparing, extra hours on tasks, and on unnecessary revisions.</p> <p>Fun background on whole card.</p>	

Card 3	
Visual Content	Audio/Voice Over
<p>Picture of missing something at top</p> <p>Missed opportunities of feeling underqualified for promotions and new positions.</p>	

Card 4	
Visual Content	Audio/Voice Over
<p>Burnout which leads to pushing too hard to quickly.</p> <p>Picture of someone looking tired at bottom</p>	

Card 5	
Visual Content	Audio/Voice Over
<p>Picture of someone asking for help at top</p> <p>Avoid asking for help because it may reveal flaws.</p>	

Card 6	
Visual Content	Audio/Voice Over
<p>Picture of missing something/someone missing at bottom.</p> <p>Isolation may prioritize work over personal lives. – leading to social isolation</p>	

## Chapter 4

Card 1	
Visual Content	Audio/Voice Over
Overcoming Impostor Syndrome	

**Card 2**

**Visual Content**

**Audio/Voice Over**

Challenge Negative Thoughts

Make a list and practice positive affirmations daily.

I Got This gif on the bottom.

**Card 3**

**Visual Content**

**Audio/Voice Over**

Communication gif on the top.

Build Connections

Talk it out with an advisor, mentor, family member or friend.

**Card 4**

**Visual Content**

**Audio/Voice Over**

Feedback

Seek feedback from those you respect. Ask a coworker to review your work.

Feedback gif on the bottom

**Card 5**

**Visual Content**

**Audio/Voice Over**

Success gif on the top

Successes

Keep a journal and reflect on your past accomplishments. They're proof you are doing an amazing job!



Card 6	
Visual Content	Audio/Voice Over
<p>Don't Compare</p> <p>Comparing to someone else, you'll overlook what makes you unique.</p> <p>Be you gif on the bottom</p>	

## Chapter 5

Card 1	
Visual Content	Audio/Voice Over
Positive Mindful Messages	

Card 2	
Visual Content	Audio/Voice Over
<p>Quote with picture on whole card.</p> <p>A Positive Mindset</p>	

Card 3	
Visual Content	Audio/Voice Over
<p>Quote with picture on whole card.</p> <p>Don't Compare</p>	

Card 4	
Visual Content	Audio/Voice Over
<p>Quote with picture on whole card.</p> <p>Happiness is...</p>	

Card 5	
Visual Content	Audio/Voice Over
Quote with picture on whole card.  Awesome	

## Chapter 6

Card 1	
Visual Content	Audio/Voice Over
Resources	

Card 2	
Visual Content	Audio/Voice Over
Article link <a href="https://time.com/5312483/how-to-deal-with-impostor-syndrome/">https://time.com/5312483/how-to-deal-with-impostor-syndrome/</a>	

Card 3	
Visual Content	Audio/Voice Over
Article link <a href="https://www.verywellmind.com/imposter-syndrome-and-social-anxiety-disorder-4156469">https://www.verywellmind.com/imposter-syndrome-and-social-anxiety-disorder-4156469</a>	

Card 4	
Visual Content	Audio/Voice Over
Video link <a href="https://www.youtube.com/watch?v=dumm_XfHkmY">https://www.youtube.com/watch?v=dumm_XfHkmY</a>	

Card 5	
Visual Content	Audio/Voice Over

Quote:

Acknowledge your fear, understand it, and then get comfortable existing in a space with it. – Allie Dattilio