

Women In Technology - Lunch



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Finding a of topic for Women In IT Lunch

My story

My journey with self-doubt in IT industry

Imposter Syndrome

- **Impostor syndrome** (also known as **impostor phenomenon** or **impostorism**) is a psychological occurrence in which an individual doubts their skills, talents, or accomplishments and has a persistent internalized fear of being exposed as a fraud. [1]
- While initial studies identified the syndrome among high-achieving professional women, recent researches have documented these feelings of inadequacy among other genders, is significantly associated with worsened experiences both in academic and professional settings. [2] [3]

[1] https://en.wikipedia.org/wiki/Impostor_syndrome

[2] <http://mpowir.org/wp-content/uploads/2010/02/Download-IP-in-High-Achieving-Women.pdf>

[3] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7174434/>

Managing Imposter Syndrome

1. Awareness: Various factors, such as past experiences, professional environment or personal setting can effect an individual to self-doubt their accomplishments.
2. Validation: Individuals experiencing impostor syndrome often perceive themselves to be the “only one” having these feelings, resulting in even greater isolation. Thus, validating doubts and fears, referral to group therapy in which peers/coworkers discuss their feelings of doubt and failure might be particularly therapeutic.
3. De-Stigmatize: Individuals may be reluctant to participate or discuss these feeling in group settings unless such groups are carefully designed to normalize and de-stigmatize impostor feelings and provide a safe environment in which to share experiences openly.

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