

Turning Imposter Syndrome To Your Advantage

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What is Imposter Syndrome

Imposter Syndrome is listening to those little voices that start up in your head when you land your dream job, your dream project or your dream client. Those naughty little voices that tell you that you are not good enough, not ready, not able, that you don't know what you are doing. They tell you that you are a fraud and you are about to be found out.

Imposter Syndrome can strike anyone, and usually when you have just landed your dream job or client, or a big and exciting project. Research shows us that over 70% of top achievers admit to suffering from it.

Maya Angelou – author 'I have written 11 books but each time I think 'Uh Oh! They are going to find me out now''.

Dr Chan -Chief Medical Officer at the World Health Organisation 'There are an awful lot of people out there who think I am an expert. How do these people think that about me? I am so aware of all the things I don't know.'

What can you do about it?

When it strikes you have 3 options

1. Walk away from the situation, not work with the amazing client or take that dream job
2. Be kind to yourself and ignore the voices
3. Use it to your advantage

When you pick option 3 you will find

- You will provide a better service or do a better job
- You will be more motivated to show your competencies
- It shows how important what you are delivering is to you
- It shows you acknowledge how you can grow and get even better

How can you turn it to your advantage?

Here are 6 ways you can turn Imposter Syndrome to your advantage

1. Ask yourself why you have been chosen? Your prospective client / employer has picked you for a reason, well probably several reasons. Make a list of all the reasons why they think you can do it. What skills and experience do you bring to it?

2. Get really clear about what exactly you are being asked to do. You may well find what is actually required is something you find easy. You will also find that the process of getting clarification clears the chatter in your head and actually get you started working on the project.
3. Ask yourself what would the ideal person for this job do to get it done. Write down all the actions that you can think of into a big action plan.
4. Ask yourself what is stopping you doing those things? Your reasons will probably fall into one of two areas. The barrier may be practical – you might need to know something or have additional resources – in which case ask yourself who can help you, and what additional things or information do you need. Create actions for each of them on the action list you created in number 3. Alternatively the thing stopping you might be yourself in which case go back to the first way of turning Imposter Syndrome to your advantage!
5. Just start. You don't always need to know everything to complete a project or a job, just the first step. Take it and then keep going.
6. Build your long term resilience against Imposter Syndrome by keeping a book or a file of all the things you have accomplished. Add positive feedback, pictures and anything else which reminds you of what you can and have actually achieved. You can further exercise your resilience by trying something new on a regular basis.

Richard Branson – Businessman 'If someone offers you an amazing opportunity and you are not sure if you can do it, say yes and work out how later.'

Bekka Prideaux is a Business Coach who works with business leaders and teams to help them get focussed & get results. With over twenty five years' coaching and leadership experience under her belt, Bekka consistently delivers excellent results. Bekka believes in enabling others to achieve great things and her pragmatic approach to facilitating robust and lasting changes, is as effective in multinational corporations as it is with entrepreneurs who work in a team of one.

As well as valuing the results of working together Bekka's clients value her ability to both challenge and support them, the skills she helps them develop, and the calm, creative and fun environment she creates as they work together. Many also share her love of good coffee although she does not judge those who do not!

Building on her client's strengths she coaches them to get their results their way

If you would like to know more about working with Bekka and Turquoise Thyme please email hello@turquoisethyme.co.uk or visit www.turquoisethyme.co.uk