

# SheMentors

Empowering women in business

[www.shementors.com.au](http://www.shementors.com.au)

follow us



@shementors



@shementors

# How To Overcome Imposter Syndrome



Lucy Allen  
The Graceful Collective

# Yoo hoo

---

Lucy Allen

Career Coach + Speaker

@the\_graceful\_collective

[www.thegracefulcollective.com](http://www.thegracefulcollective.com)



**The belief that you're not deserving of  
your success,  
and fear that you are a fraud.**

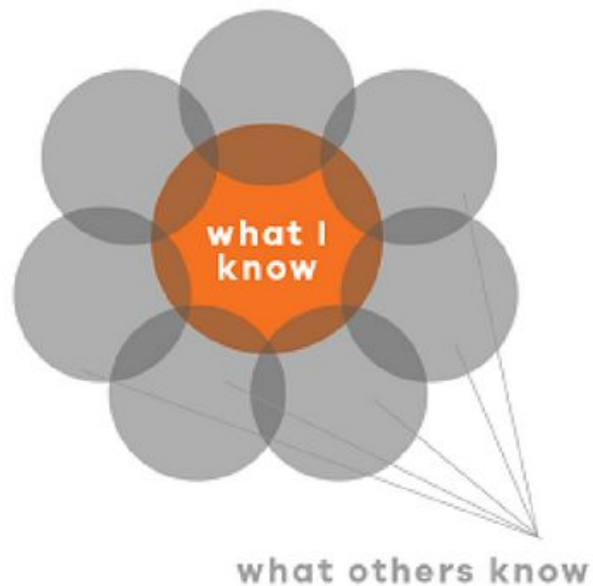
The Graceful Collective

THE  
*Graceful*  
COLLECTIVE

## IMPOSTOR SYNDROME



## REALITY



**Just because you feel inadequate,  
doesn't mean you are.**

Dr Valerie Young

# Celebrity Imposters





I'm just here because people like me.

If I can do it, anyone can.

They've made a mistake giving me  
this opportunity.

I'm really good at making it look like  
I know what I'm doing but I have no  
f\*cking idea.

**This will be short lived,  
I'll be found out eventually.**

That was a total fluke.

**My contribution was tiny,  
my team made it happen.**

# The Outcome

---

**S**top pursuing opportunities for fear of not being enough

**H**ide behind 'this is probably a silly question'

**R**ebut praise and deflect it onto others

**I**nternalise feelings out of shame

**N**ot voice your opinion in front of others

**K**eep your successes to yourself





**“You deserve to be exactly  
where you are.”**

The Graceful Collective

THE  
*Graceful*  
COLLECTIVE

# Reframe

---

How is this helpful?

How could I make this helpful?

What is a more generous version  
of this thought?



# Inner Critic

---

**Visualise your inner critic**  
**Create distance**  
**Challenge his / her taunts**  
**Talk about your inner critic**

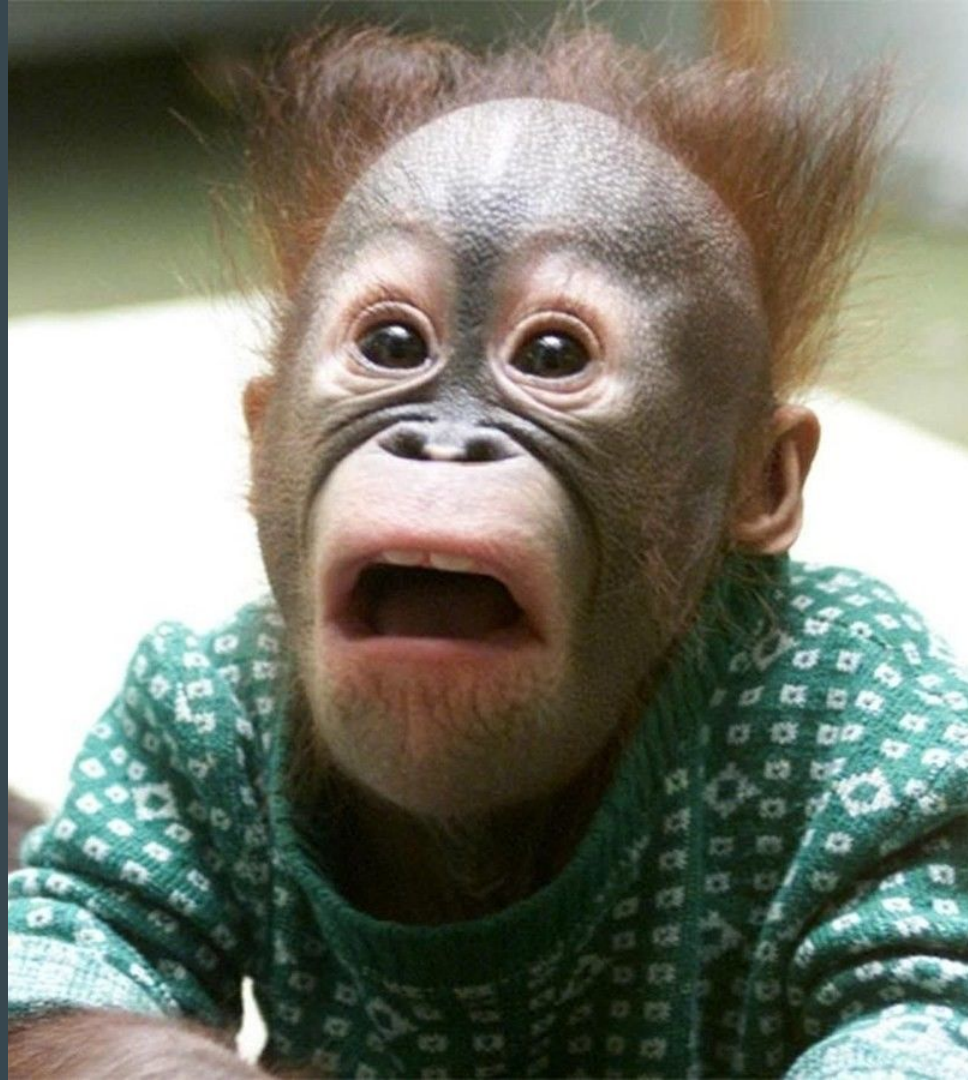




# Feel the fear

---

**Say Yes when you want to say No**  
**Replace “I’m nervous” with “I’m excited”**  
**Remind yourself, you’re not the only one**  
**Remember, this too will pass**



# Celebrate

---

**Re-train your brain**  
**Give thanks**  
**Celebrate often**



# The 10 Commandments

[www.thegracefulcollective.com/freebies](http://www.thegracefulcollective.com/freebies)

1.

I contribute questions and ideas  
that are thoughtful, intelligent and  
require no explanation



2.

I know it's impossible to be  
the best at everything  
and I'm OK with that

3.

I compare my achievements and challenges  
only against myself

4.

I replace “I’m nervous” with “I’m excited”  
and know that these feelings are normal

5.  
I feel the fear and I do it anyway

6.  
I own my successes  
and accept compliments from others

7.

I celebrate my wins every single day

8.

I trust that I deserve to be  
exactly where I am right now

9.

I celebrate the efforts of those around me  
and know that these would not be possible  
without my contributions too



10.

I remember how I feel is not always the reality

# Thank you

---

Lucy Allen

Career Coach + Speaker

@the\_graceful\_collective

[www.thegracefulcollective.com](http://www.thegracefulcollective.com)



THE  
Graceful  
COLLECTIVE



REFER A WORKSHOP

---

**FREE COACHING**

---

ONE-HOUR, VALUED AT \$255

Doors  
Open this  
week!



[www.shementors.com.au](http://www.shementors.com.au)

6th Dec



[www.shementors.com.au](http://www.shementors.com.au)

# SheMentors

Empowering women in business

[www.shementors.com.au](http://www.shementors.com.au)