




*the
confidence
track*TM

Lisa Hinz, CPC

A woman with long blonde hair is sitting at a table in a dark room. She has her hands pressed against her face, covering her eyes, and appears to be crying or in deep distress. The room is dimly lit, with a warm light source from the right creating a soft glow on the table and her hair. In the background, there are shelves with books and a window with curtains.

**It was a dark
and stormy night...**



ALBERT EINSTEIN



MAYA ANGELOU



TOM HANKS



BARBARA CORCORAN



Imposter Syndrome

(*aka* Impostor Syndrome,
Impostor Phenomenon, Imposterism)




What is it?

Imposter Syndrome...

A woman with long dark hair, wearing a dark top and pearl earrings, has her hands clasped together in front of her face. Her eyes are closed, and she has a pensive or stressed expression. The background is a blurred office setting with a laptop visible in the foreground.

A false and sometimes crippling belief that one's successes are due to luck or fraud rather than skill.

A woman with long, wavy blonde hair is shown from the chest up, sitting at a table. She has her head buried in her hands, with her fingers running through her hair, suggesting a state of distress or despair. The room is very dark, with only a few faint light sources visible in the background, creating a somber and moody atmosphere. The text is overlaid in the center of the image.

It was *still* a dark and
stormy night...



3 Fundamental Signs of Imposter Syndrome



1

**Believe your successes
are due to having the
right connections, luck,
or timing.**





2

Feel that everyone thinks you're smarter and more talented than you believe yourself to be.



3

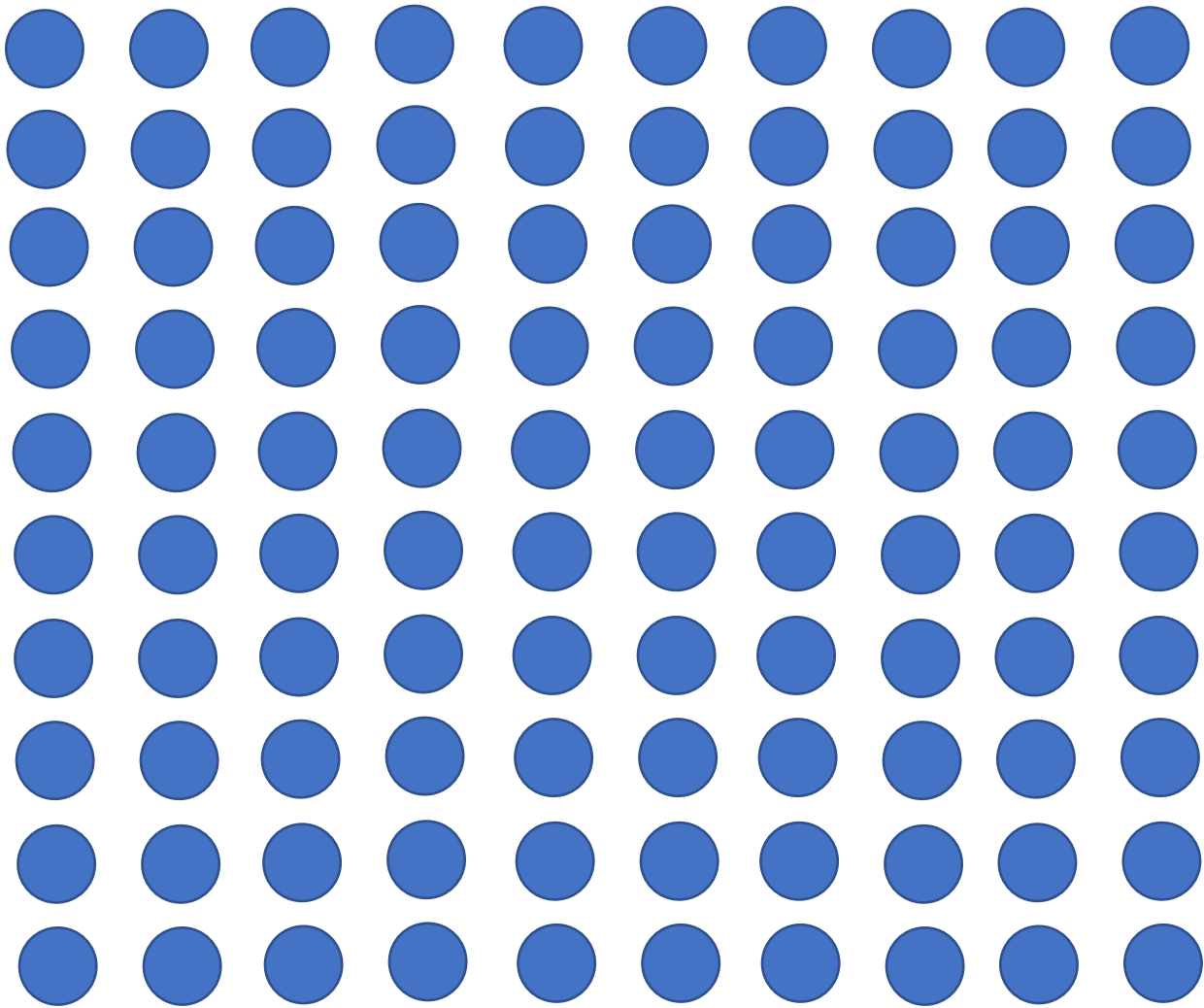
**Constantly fear that
others will find you out.**

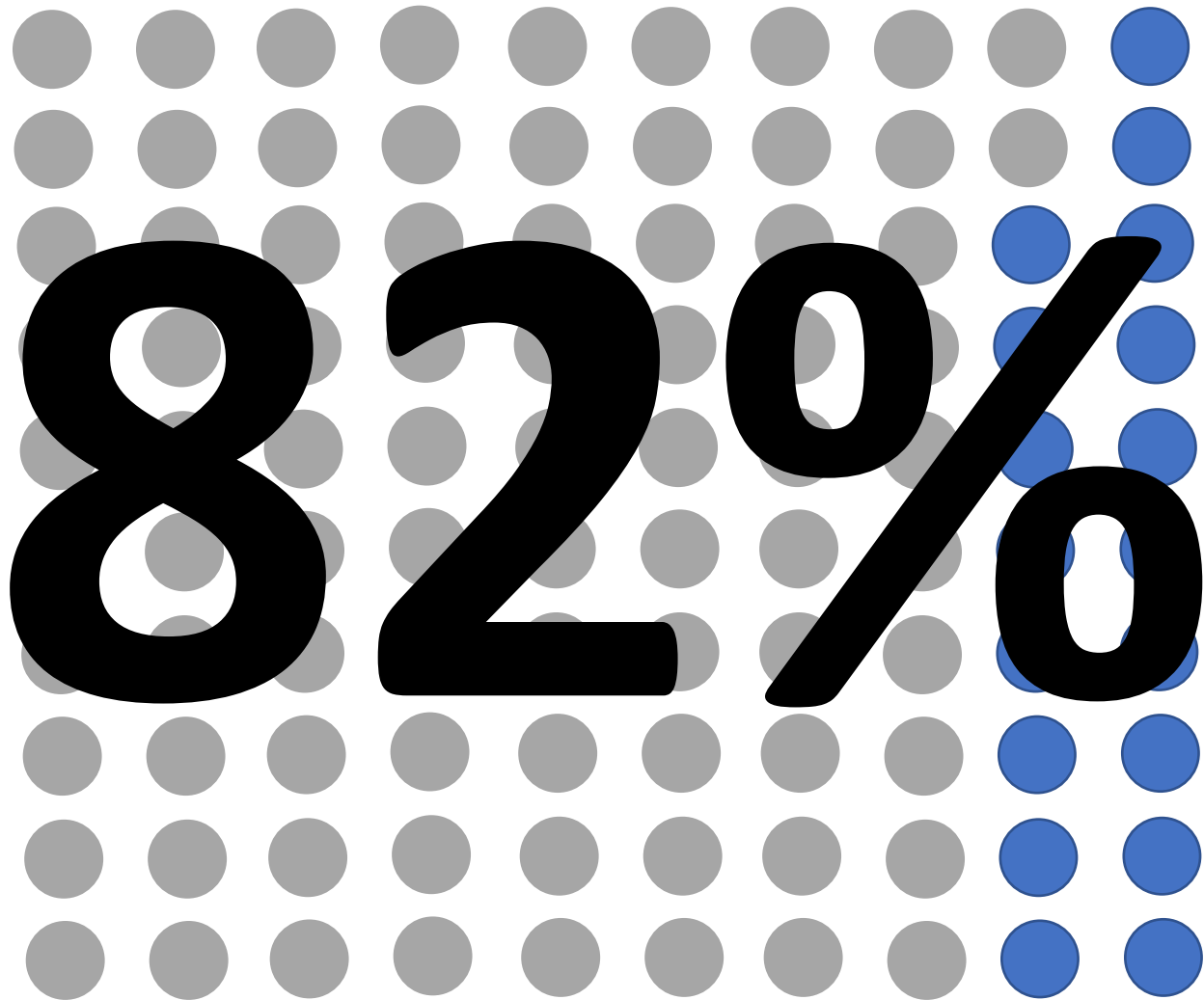


**If you've
ever experienced
Imposter Syndrome,
please stand.**



You Are NOT Alone

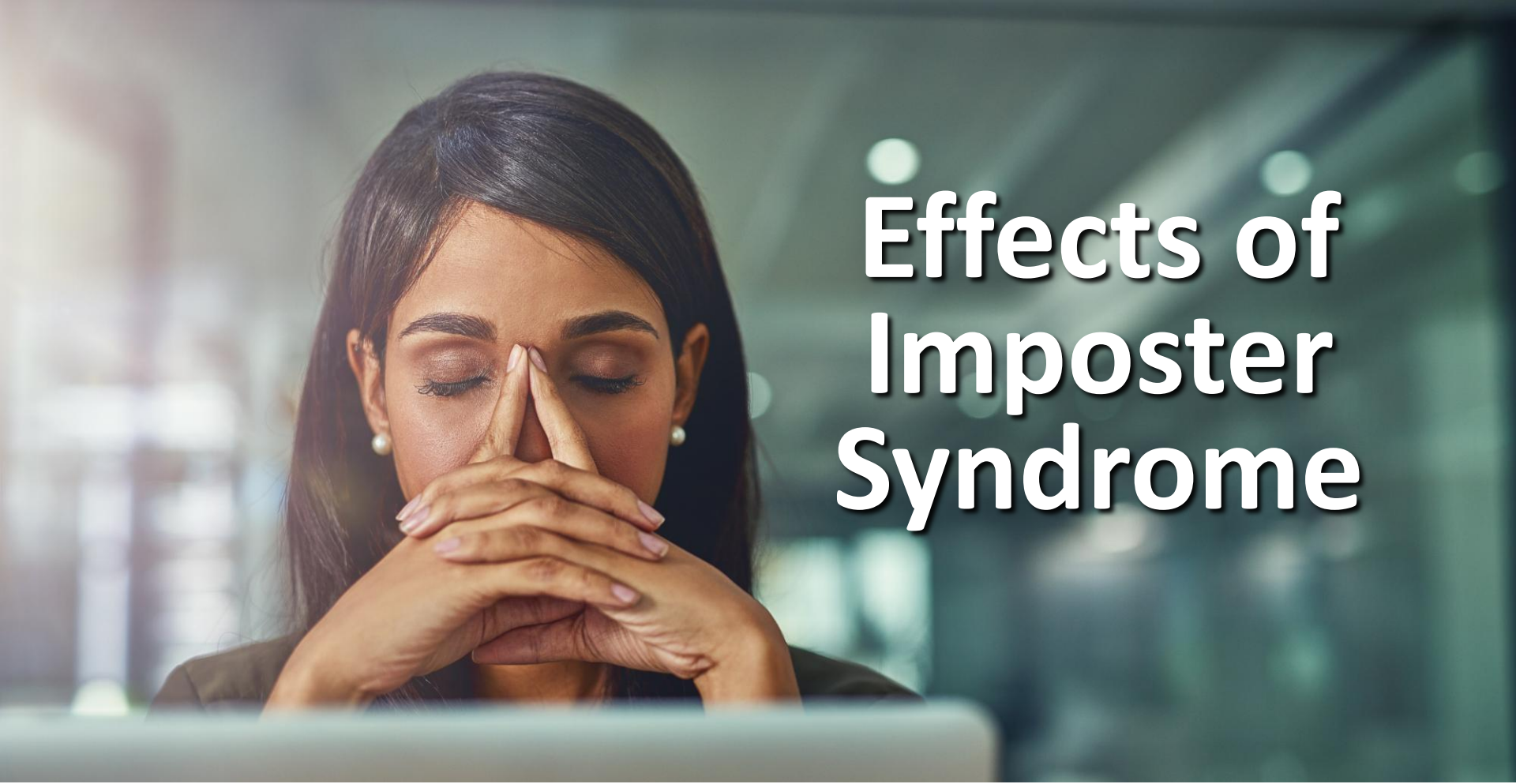




82%



What *doesn't* make it go away



Effects of Imposter Syndrome

difficulty
concentrating &
meeting deadlines

self-esteem
issues

obsession with mistakes

avoidance

Self-sabotage

depression

underperformance

anxiety

limited
willingness to
advocate for
yourself

Decreased
happiness and
life satisfaction

lower job satisfaction

negative self-talk


Overwhelm

buffering/addictions

perfectionism

fear of sharing ideas

burnout



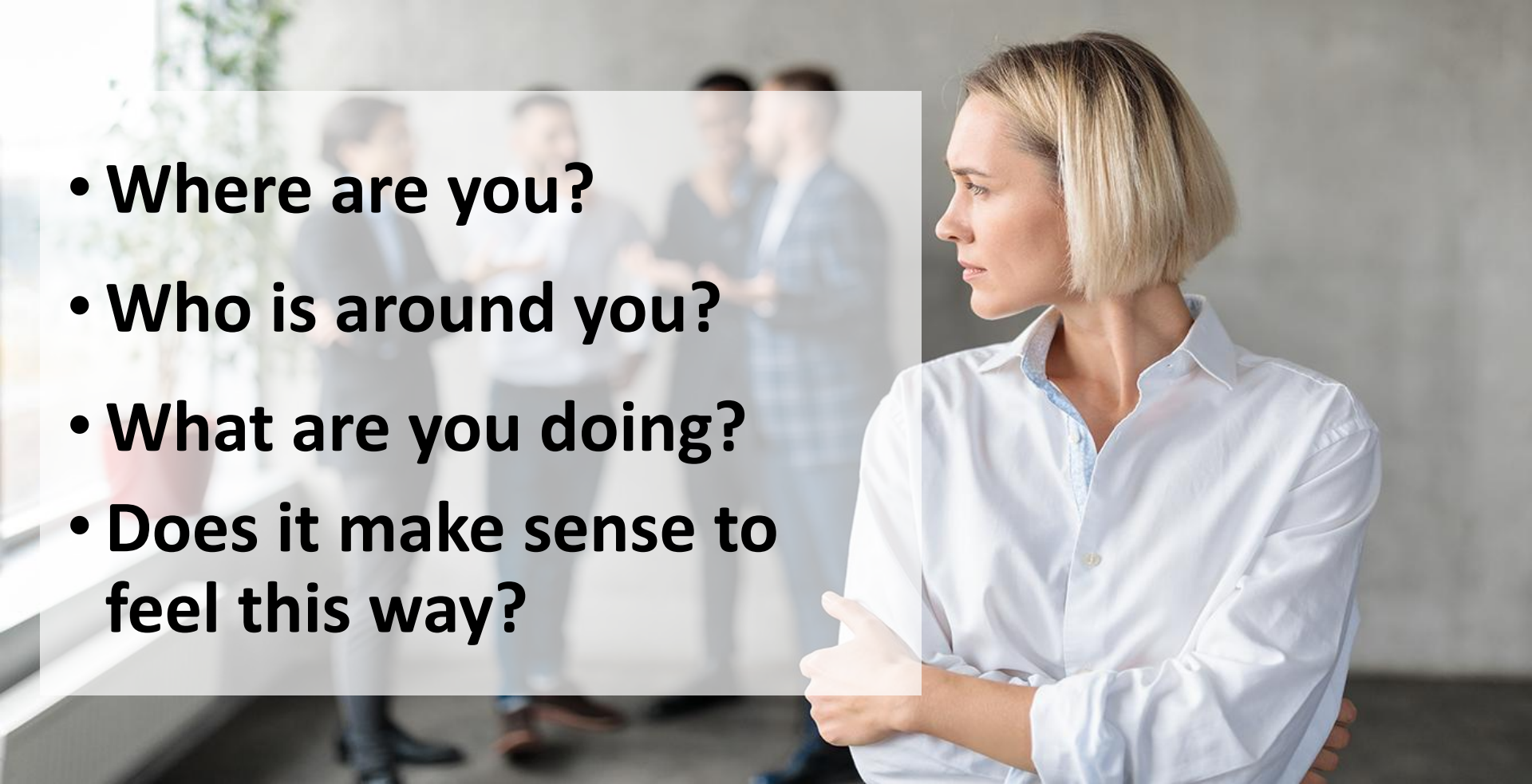
**“Failures become internalized,
achievements are externalized.”**

- Valerie Young, PhD, co-founder of Impostor Syndrome Institute

The Silent Career Killer

A woman with short blonde hair, wearing a white button-down shirt, is shown in profile, looking thoughtfully to the left. She has her arms crossed. In the background, several other people are blurred, suggesting an office or professional environment. A semi-transparent white box is overlaid on the left side of the image, containing the main title text.

#1 – Track Your Triggers

- 
- **Where are you?**
 - **Who is around you?**
 - **What are you doing?**
 - **Does it make sense to feel this way?**



#2 – Take Action



“I’ll figure it out.”



Before we get to step #3...



**What is
something you're
REALLY good at?**





#3 – Record Your Successes and Strengths

A photograph showing two women in silhouette standing by a large window. They are facing each other and appear to be in conversation. The woman on the left is holding a cup, and the woman on the right is gesturing with her hands while also holding a cup. The window provides a view of a city skyline with many skyscrapers under a clear blue sky. The interior of the room has a wooden slat wall on the right and a metal mesh partition on the left.



#4 – Talk About It



Negative Self-Talk



What I haven't told you...



**“You are not stuck
where you are unless
you decide to be.”**

- Wayne Dyer



**Don't let
imposter syndrome win.**

You deserve so much more than that.



Thank You



Download Imposter Syndrome Guide

*the
confidence
track*[™]

LISA HINZ

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