

LEADERSHIP IN ACTION

Defining Your Personal Leadership Philosophy & Overcoming Imposter Syndrome



INSTEAD OF

THIS

"I'm not qualified to apply for that job."

"They probably think what I said in the meeting was stupid."

THIS

"This presentation is going to be a disaster."

TRY

"I'll apply and see how I feel if I get an interview."

"Each of us brings an important perspective and it's good for all of us to share, including me."

ASK

"What evidence do I have that confirms this? Is my fear based in reality? What would disaster look like? What concrete steps can I take to feel more prepared?"



NORMALIZE

Each one of us has specific gifts and perspectives that no one else has. Leaders look like *us*. And yet, "An estimated **70% of people experience...imposter feelings at some point in their lives**. Imposter syndrome affects all kinds of people from all parts of life: women, men, medical students, marketing managers, actors, and executives."

Source: Time Magazine, 2018.



PRACTICE

Doubting ourselves or feeling under-equipped from time to time is normal and happens to all of us. If self-doubt is preventing you from leading and living fully, remember:

Recognize your thinking patterns · Name and reframe · Practice self-compassion · Be skeptical of your thoughts (with kindness)



REMEMBER

Our brain is capable of building new patterns of self-talk and self-regard. These are practices. The more we practice, the stronger these skills become.

We don't have to wait for perfection, *minimal mastery* is a good starting place.

Part of being a transformative leader is cultivating a kinder inner voice and seeking ways to support our own learning and growth.

Learn more about Claremont Lincoln University's affordable, accessible online degree programs and certificates designed to provide you with the vision and framework to be an inclusive, ethical, and authentic leader.

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