

EMPOWERING PEOPLE.

BUILDING SKILLS.

CREATING OPPORTUNITY.

IMPOSTER SYNDROME

YOU ARE CAPABLE.
YOU ARE DESERVING.
YOU BELONG HERE.

Imposter syndrome is the feeling that you're not good enough, even when you have the skills, experience and achievements to prove otherwise.
The good news? You can overcome it.



YOU DON'T HAVE TO FEEL LIKE AN EXPERT TO BE GOOD AT WHAT YOU DO.



WHY IT MATTERS

Imposter feelings can hold you back, affect your confidence and stop you from reaching your potential. Understanding and challenging these feelings helps you grow with confidence and embrace your success.

8 WAYS TO OVERCOME IMPOSTER SYNDROME



1. RECOGNISE THE FEELINGS

- ✓ Notice when imposter thoughts show up.
- ✓ Name the feeling – it's more common than you think.
- ✓ Awareness is the first step to change.



You are not alone in feeling this way.



2. CHALLENGE NEGATIVE THOUGHTS

- ✓ Question the evidence behind the doubt.
- ✓ Replace "I'm not good enough" with "I'm learning and growing".
- ✓ Be kind to yourself.



Your thoughts are not always the truth.



3. CELEBRATE YOUR ACHIEVEMENTS

- ✓ Keep a record of your wins, big and small.
- ✓ Look back at how far you've come.
- ✓ Give yourself credit for your hard work.



You've earned your success.



4. TALK ABOUT IT

- ✓ Open up to someone you trust.
- ✓ You'll often find others feel the same.
- ✓ Sharing reduces the power of doubt.



Talking about it helps lighten the load.



5. FOCUS ON PROGRESS, NOT PERFECTION

- ✓ You don't have to know everything.
- ✓ Mistakes and setbacks are part of the journey.
- ✓ Progress is more important than being perfect.



Growth happens one step at a time.



6. ACCEPT COMPLIMENTS

- ✓ Don't brush off kind words or praise.
- ✓ Say "thank you" and let it in.
- ✓ You deserve recognition for your efforts.



You've earned those compliments.



7. KEEP LEARNING AND GROWING

- ✓ Stay curious and open to new skills.
- ✓ Remind yourself that everyone is still learning.
- ✓ Confidence grows with experience.



You don't need to have it all figured out.



8. BELIEVE IN YOURSELF

- ✓ You bring value, skills and unique perspectives.
- ✓ Believe that you belong and deserve to be here.
- ✓ You are enough, just as you are.



You belong. You're enough. You've got this.



REMEMBER THIS

Everyone has moments of doubt. What matters is not letting those doubts define you.



You are learning and growing.



You are more capable than you think.



You belong here.



BELIEVE IN YOURSELF.
YOU ARE WORTHY.
YOU ARE ENOUGH.



REMEMBER

Imposter syndrome lies.
Your potential is real.
Your future is bright.



CONFIDENT. CAPABLE. DESERVING.
THAT'S YOU.



NEED HELP OR WANT TO LEARN MORE?

We can help you build your confidence and wellbeing with our resources, guidance and training.
Get in touch with Drae & Dre Collective CIC for support.



VISIT OUR WEBSITE
www.draeanddre.com



STRONGER MINDSET
STRONGER YOU
BETTER FUTURE