

Dealing with Impostor Syndrome

Corporate Talk

Impostor syndrome affects high-achieving individuals. Its hallmarks are the inability to internalize your accomplishments, and the persistent fear that you'll be exposed as a fraud. Even though both genders experience these feelings, impostor syndrome has an outsized effect on working women, who tend to hold back in the face of these fears. Unchecked impostor syndrome can result in stalled careers, lost economic opportunity, and stepping back from the corporate world for women.

Talk Outline

This talk will focus on the ins-and-outs of Impostor Syndrome -- The fear that we are secretly underqualified frauds that don't deserve our professional success. We'll cover:

- What impostor syndrome is and how to know if you have it
- Gender biases that lead to impostor syndrome in women
- "Entitlement Syndrome", impostor syndrome's under-discussed evil twin
- Strategies for succeeding in spite of negative self-talk

The goal of this talk is to give you the tools to understand and work around your impostor syndrome to enjoy and flourish in your career.

About The Speaker



Holly Burton
Leadership Coach for Women in Male-Dominated Industries

Holly is speaker, facilitator, consultant, and coach with expertise in leadership, career development, feminist theory, and the unique mix of issues that make it challenging for women to succeed in STEM fields.

Holly spent the first ten years of her career as a mining engineer in an industry that is only 17% female. She now coaches ambitious women that want to advance their careers and works with companies to develop programs to retain female talent.

Holly speaks regularly at organizations including EA Games, DevOps Days Vancouver, Women in Mining BC, Disrupt HR, The BC Women in Energy Network, UBC Masters of Public Policy & Global Affairs, Women in Tech Week, The Society for Canadian Women in Science and Technology (SCWIST), The Women in Leadership Foundation, and her own Women in Male-Dominated Industries Speaker Series.

Holly can be found online at her [website](#), or via her meetup, [Women in Male-Dominated Industries](#).

The Details

Length: 1 Hour
Format: Lecture-style talk (with Q&A)