

Imposter Phenomenon Impacted by Crisis and Times of Change

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Have you ever felt like you don't belong? Like your colleagues are going to discover you are a fraud, and you don't actually deserve your job and accomplishments? If so, you are not alone. Imposter Phenomenon, commonly referred to as Imposter Syndrome, was originally coined in the late 1970s in research done by Pauline Rose Clance and Suzanne Imes and at that time it was believed to primarily impact professional women. However, it has since been determined in subsequent research that a wide variety of people from all races, occupations, genders and cultures are impacted. It is estimated that 70% of people will experience at least one episode of Imposter Phenomenon in their lives

We will look at what Imposter Phenomenon is, understanding it, and addressing how it may be impacted by crisis and times of change. Finally, we will discuss how we can work to overcome Imposter Phenomenon.

Requested presentation times: 20-30 minutes