

How to build confidence and **crush** imposter syndrome

We need to:

1. Notice it
2. Challenge it
3. Reframe it



Practise – the more we do it, the easier it gets

6 Tips to knock it out of the park!

1. Focus on the facts

- Look for evidence – list your achievements, skills, capabilities, and qualities that have helped you succeed so far. Feel proud of your accomplishments
- Reflect on how far you've come and what you've overcome to get here
- Start a hype file – keep a running list of compliments, positive feedback and affirmation to consult when your confidence is low

2. Challenge limiting self-beliefs

- Dial down the inner critic
- Stop comparing yourself with others – you are enough, know enough, are experienced enough – you deserve to be here
- Dial up the inner champion/coach – have a go to mantra (get up, dress up, make up, show up) (don't give away your power)
- Don't confuse confidence with competence
- Don't give away your power

3. Claim and aim your strengths

- Instead of focusing on your weaknesses, articulate and embrace your strengths and assets
- Advocate for yourself and own your strengths
- Reflect on how to leverage them more fully
- Shine your light out not in – direct your light on helping people and you'll stop focusing on fraud feelings

4. Talk about it – share the shame

- Shame shrivels when you say it out loud
- Share your feelings with trusted friends and colleagues, coach/mentor to put them in perspective and get affirmation and support
- Don't ruminate

5. Build a network

- You need a network of champions to build your confidence and help advance your career
- Have a mentor, sponsor or coach
- Get professional help if you need it

6. Learn and take action

- Doing something stops paralysis
- Adopt a growth mindset – we learn as much from failure as we do from success
- Be humble – not knowing something doesn't make you a fraud, it makes us lifetime students

Other tips:

References/sources

- Centre for Creative Leadership, [Leadership: For All Things Humanly Possible | CCL | Learn More](#)
- Maria Forleo, [Marie Forleo | Host of MarieTV, Entrepreneur & Philanthropist](#)