

# Coping with Imposter Syndrome

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# About me

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# Impostor Syndrome

- An internal experience of intellectual phoniness

**Research** “[The impostor phenomenon in high achieving women](#)” (1978)

[white middle- to upper-class women between 20  
- 45 y.o.]

# Symptomes

- Deep anxiety
- Self-hatred
- Feeling you are a fraud
- Feeling that you don't belong

\*feelings of doubt become magnified by chronic battles with systemic bias and racism

**Fix the system, not women!**



# Further reading

**Research** “[The impostor phenomenon in high achieving women](#)” (1978)

[Stop telling women they have an impostor syndrome](#)



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