

The Impostor's Guide to Tooting Your Own Horn

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HUSTEF

HUNGARIAN SOFTWARE TESTING FORUM

Hello, I'm Sophie!

- Bonn, Germany
- cronn GmbH
- Tester/General Busybody
- Mathematician
- she/her
- @MlleSophiePofie
- @sw-development-is.social



Hello, I'm ~~Sophie!~~ a fraud!

- Bonn, Germany
- cronn GmbH
- Tester/General Busybody (barely)
- Mathematician
- she/her
- @MlleSophiePofie
- @sw-development-is.social
- helpless!

failed!



not actually sporty.

Meet the Monster



What Impostor Syndrome is (and what it isn't):

- feeling like a fraud ✓
- attributing your success to outside factors ✓
- self-doubt ✓
- fear of being found out ✓
- your fault ✗
- only you ✗
- being silly ✗

I feel like an impostor about:

(everything, but here's a selection)

- my Abitur (baccalauréat/A-levels/high school diploma)
- holding a math diploma
- being good at my job
- calling myself a conference speaker
- being sporty
- having impostor syndrome
- being a cancer survivor

self-doubt

anxiety

avoidance

not taking opportunities

not advocating yourself

not asking for help

moving goalposts

over-preparing

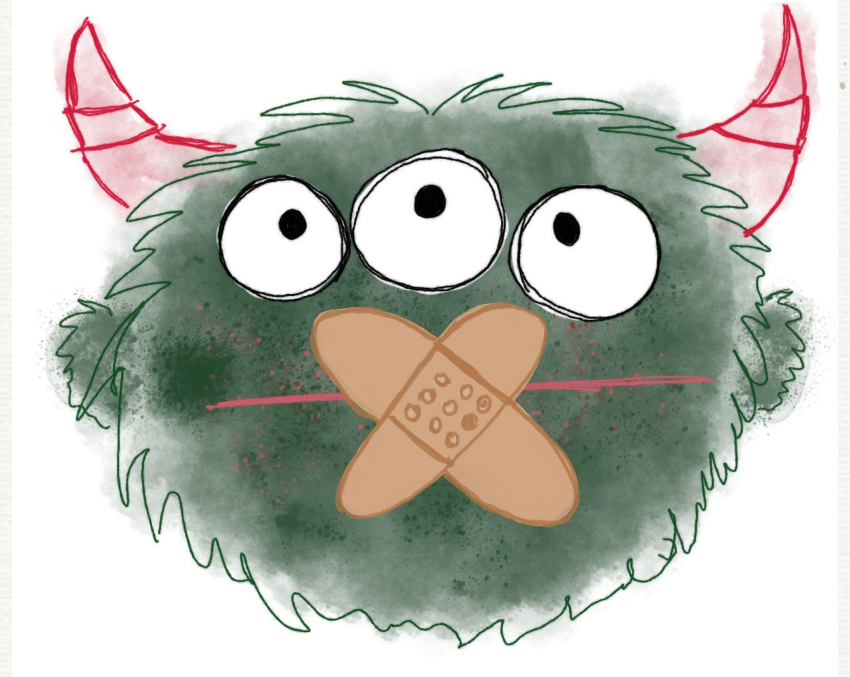
shame

challenges



Part 1:

The Quick Fixes



#1

*Fake it till
you make it.*

#2

*Make
self-advocacy
a team sport.*

Part 2:

Facing the Monster



#3

*Know your
enemy.*

#4

*Externalize
impostor
thoughts.*

Part 3:

Living with the Monster



#5

*Harness the
power of
good enough.*

#6

*Internalize
accomplish-m
ents.*

#7

*Embrace
failure.*

Don't let **perfect** be the
enemy
of **good.**



You got this.



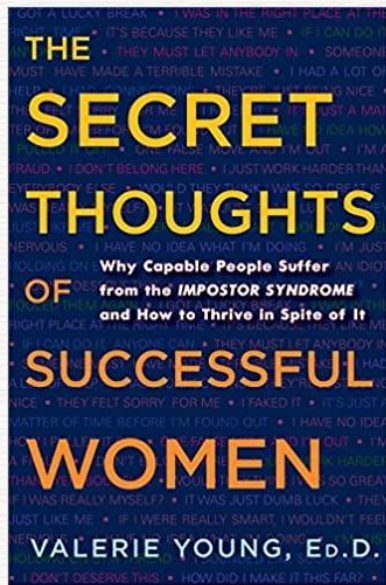


Köszönöm!

Thank you for your attention!



Read more:



Valerie Young, ED.D.

The Secret Thoughts of Successful Women

THE IMPOSTER

YOU ARE NOT A FRAUD.

YOU DESERVE SUCCESS.

CURE

YOU CAN BELIEVE IN YOURSELF.

How to stop feeling
like a fraud and escape
the mind-trap of
imposter syndrome

Dr Jessamy Hibberd

Dr. Jessamy Hibberd

The Imposter Cure