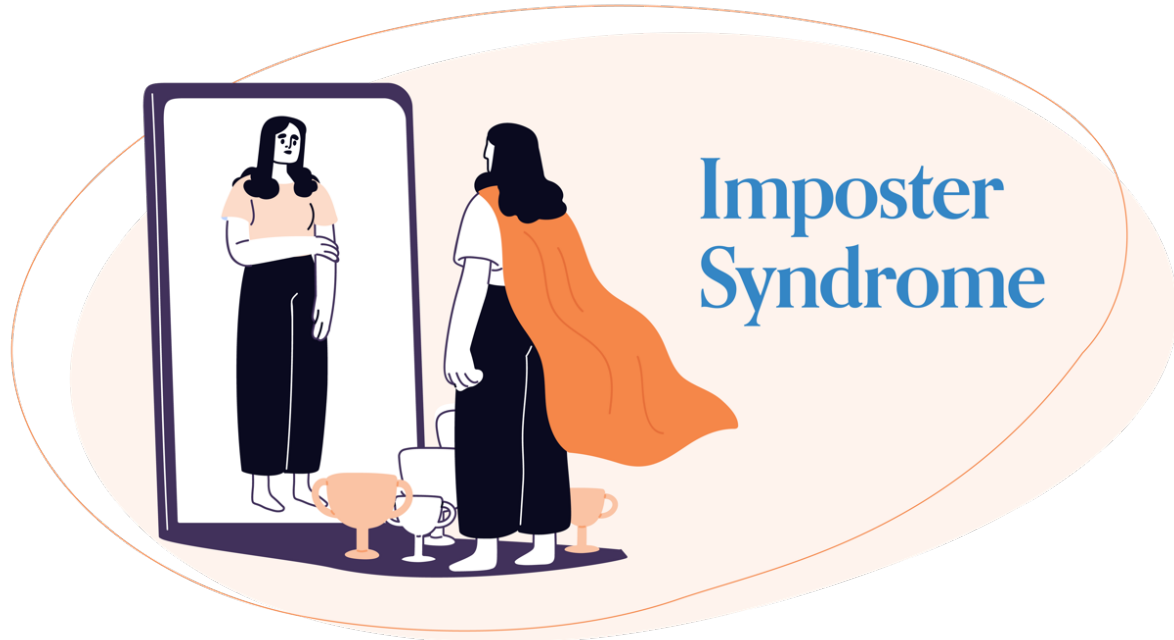




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## Imposter Syndrome – Turning a Negative into a Positive

You finally got the promotion you wanted. You should be happy. You *would* be happy, if you didn't have recurring thoughts that you're a fake, that at some point somebody is going to realise you're a fraud.

Imposter Syndrome was first identified during a study conducted in 1978 by Pauline Rose Clance and Suzanne Imes of Georgia State University, "The Imposter Phenomenon in High Achieving Women: Dynamics and Therapeutic Intervention". It can happen to anyone. Former US First Lady, Michelle Obama has spoken about it, and I regularly hear it when I work with men and women who have stepped up into a new, more demanding role.

It isn't a bad thing, provided you remember to turn the tables on that nagging internal judge. Mike Cannon Brookes is the co-founder and co-CEO of software company, Altaasian. His Ted Talk about his experience with Imposter Syndrome is humorous and thoughtful, and puts a new spin on this bogeyman.

[https://www.ted.com/talks/mike\\_cannon\\_brookes\\_how\\_you\\_can\\_use\\_impostor\\_syndrome\\_to\\_your\\_benefit?language=en](https://www.ted.com/talks/mike_cannon_brookes_how_you_can_use_impostor_syndrome_to_your_benefit?language=en)