Building Confidence in Your Career: Imposter Syndrome Workshop
UTSA University Career Center

Expectations

Confidentiality
Opportunities to share
Judgement free & respect
UTSA Wellbeing Services

What is Impostor Syndrome?
When you doubt your abilities and feel like you don't belong, you're a fraud, or you just got lucky.

It's affects on you

What it sounds like
Designing Your Life: Odyssey Planning

Example: Life #1: Work, love, friends
Life #2: Travel, adventure
Life #3: Retirement, travel

Multiverse Reflection:
What was it like to create 3 different versions of your future?
Where do you see themes and/or energy?
Maybe you don't experience imposter syndrome yourself, but you know someone who does.

How can you support someone who struggles with imposter syndrome?

Imposter syndrome: “I don’t know what I’m doing, it’s only a matter of time until everyone finds out.”

Growth mindset: “I don’t know what I’m doing yet, it’s only a matter of time until I figure it out.”

The highest form of self-confidence is believing in your ability to learn.

Thank you.

Thank you for attending this presentation. We hope that it has encouraged and empowered you in your career journey as you continue reflecting on your own professional development, and assisting others.

UTSA Wellbeing Services: 
https://utpdx.edu/studentwellbeing/

UTSA Career Center: 
careercenter.utsa.edu