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EMPOWERMENT



Things Worth Considering
Thursday at 5 PM Pacific /8 PM Eastern
November 7th 2019: The Great Imposters Syndrome-Let's hope they don't find out!

Have you ever had this horrible feeling that you are a fraud and you are going to be found out about very soon? People will soon discover that you don't know what you say you know. Have you ever heard of the Imposter Syndrome? It is very common. Imposter syndrome (also known as imposter phenomenon, impostorism, or fraud syndrome) is a psychological pattern in which an individual doubts their accomplishments and has a persistent internalized fear of being exposed as a "fraud". People with imposter syndrome are convinced that they don't deserve their success. It occurs in men and women equally.

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