



Fighting Feeling like a Fraud

An Interactive Workshop to Combat Impostor Syndrome

Presented by



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Many employees and even CEOs question if they have what it takes. **Impostor Syndrome** is common among high achievers, and it occurs when people are unable to accept their successes. Instead of internalizing their accomplishments, they attribute them to luck, and they fear others will unmask them as frauds or imposters. This workshop will provide an overview of Impostor Syndrome, common thoughts associated with the phenomenon, and examples of how it **impacts careers**. Participants can reflect and identify their own imposter thoughts and their impact. **Strategies** will be offered to overcome imposter thoughts, and participants can share their own strategies as well.

Monday, April 1st, 2019

9 AM to 10:15 AM

UA Graduate Center, Room 4

1600 E 1st Street, Tucson, AZ 85719

Free and open to the public

Attend in-person or online via Zoom

Space is limited. Register online at: <http://bit.ly/2HtM0wC>

Light breakfast provided for in-person attendees

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