



Event Details

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| Event: | PDCD161717 - Imposter Syndrome - Secrets & Solutions |
| Subject: | |
| Event Overview: | <p>AIMED AT: POSTDOCS</p> <p>Are you as good as they think you are? This secret fear that we're not really good enough is surprisingly widespread. In the face of tangible evidence of their success, many women, some men, people who are genuine high-achievers are often racked by self-doubt and the fear of being found out.</p> <p>This feeling has been termed "The Imposter Syndrome". You might recognise this syndrome when you realise you're thinking or feeling: ? that you don't put yourself forward because you fear you'll fail ? you don't contribute in meetings because you don't want to look a fool ? you've done pretty well so far but it was really lucky ? other people doing similar jobs seem to be more "grown up" than you feel ? your definition of "good enough" for yourself is really "achieving perfection without breaking sweat"!</p> |
| Event Objectives: | <p>If not addressed the Imposter Syndrome can cause individuals to experience significant stress, anxiety and fear. It can drive them to burn-out or inhibit them from achieving their full potential, prevent them from making valuable contributions to projects or meetings and deprive an organisation from seeing the very best that their staff can give.</p> <p>But the Secret is now out. The Imposter Syndrome can be sorted!!</p> |
| Event Content: | <p>During this workshop "Imposters" will: ? come to understand how this is affecting their life ? examine the "rule book" they are living by and choose - if they want - to re-write the rules ? examine the role that gender, race and class can have on feelings of fraudulence ? benefit from understanding how men and women put different values on the art of "winging it" ? see how their interpretation of past success has been making things more difficult ? notice that being incompetent and feeling incompetent are two totally different things ? explore the advantages and disadvantages of different coping mechanisms ? learn practical strategies to set free their Imposter and be themselves!</p> <p>"I found the course extremely informative and helpful. It was presented impeccably and clearly to a high degree of professionalism." - Male Postdoc, School of Biology & Environmental Science</p> |
| Notes: | |
| UCD Instructor: | |
| Instructor (External): | Dr Margaret Collins |
| Building: | Not specified |
| Room: | Not specified |
| When: | 09.30 on 24-Apr-17 for 6 hours |