



# Five strategies to beat Imposter Syndrome

Do you find yourself second-guessing your skills and abilities no matter how much you have achieved in your career?

Do you question whether you are worthy of your success and accomplishments?

You may be suffering from Imposter Syndrome, a phenomenon preventing you from believing that your success is earned and deserved.

Rest assured these feelings of self-doubt are very common and there are tools you can use to beat them!

We have put together five strategies you can implement to combat Imposter Syndrome.

1

## Acknowledge achievements

Rather than thinking about experience you might be lacking, recognise your many skills, strengths and achievements and remind yourself that you are capable and worthy. Give yourself a pep-talk and think of five positive affirmations to boost your confidence.

2

## Ask others to describe you

When Imposter Syndrome kicks in it can be challenging to evaluate your capabilities objectively. A great way to get around this is to ask a colleague to think of five words to describe your professional abilities. You will likely be surprised that the perception of others is completely different to your own!

3

## Identify limiting beliefs

Recognise the little negative voice in your head that is making you doubt yourself. When it tells you that you cannot do something reframe your thinking. Tell yourself: "I may not have done this before, but I am capable of working it out! I have all of the knowledge and expertise to be successful."

4

## Let go of perfectionism

Strive for progress not perfection and embrace challenges as learning opportunities. Develop a growth mindset and start getting comfortable with feeling uncomfortable! Remember that nobody is perfect, we all have to start somewhere.

5

## Seek support from a mentor

Be proactive and engage a career mentor who can provide tailored advice and guidance. All ACN members receive complimentary career mentoring as one of many exclusive membership benefits. Head to [acn.edu.au/mentoring](https://acn.edu.au/mentoring) to connect with your career mentor.



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