
The Impostor Syndrome

How to Feel as Bright & Capable as Everyone Seems to Think You Are

Do you secretly worry that others will find out you are not as intelligent and competent as they seem to think you are? Do you often dismiss your accomplishments as a “fluke” or “no big deal?” Or, do you sometimes shy away from challenges because of nagging self-doubts? Over 30,000 people have attended this enlightening and entertaining workshop with Dr. Valerie Young. You may also want to know why so many intelligent, capable people suffer from the so-called Impostor Syndrome and, more importantly, what it takes to overcome it.



Presenter: Dr. Valerie Young
www.impostorsyndrome.com

*Co-sponsored by the
Office of Graduate
Education and Office for
Diversity and Leadership*

You will learn:

- What the so-called Impostor Syndrome is and how it operates in every-day life
- What luck, timing, charm and computer error really have to do with achievement
- How early messages about success, failure and competence may be holding you back
- How race, class and gender can and do contribute to feelings of fraudulence (hint: it's not “all in your head”)

Wednesday, January 24, 2007

4 – 6 PM

Munzer Auditorium in Beckman

Contact Anika Green: agreen1@stanford.edu or call
724-2815 for more information
