

Imposter Syndrome is Real: Learn How to Overcome It

Employees and Students are Invited

Tuesday, February 22, 2022, 2:00-3:30 (Part 1)

Tuesday, April 5, 2:00-3:30 (Part 2)

Virtual via Zoom

Do you ever feel like a fraud? You may be suffering from Imposter Syndrome (IS). The Harvard Business Journal identifies imposter syndrome "as a collection of feelings of inadequacy that persist despite evident success." Individuals who suffer from IS often experience chronic self-doubt and a sense of intellectual fraudulence. This doubt overrides any feelings of success or external proof of their competence. Regardless of how the individual succeeds and achieves in their personal and professional career, the person is unable to internalize their accomplishments.

Join us for a two-part series to hear from your peers about what imposter syndrome is, how it impacts your life, the psychology of it, and how to overcome.

By participating in this two-part workshop, participants will be able to: a) hear from fellow students, faculty, and peers about their personal experiences with IS; b) acknowledge their own personal experience with IS and physical and emotional impacts on your well-being; and c) learn valuable techniques to overcome IS.

With guest speakers: Dr. Rachel Hagos and Dr. Andrae Brown.

Students, please register using these links -
[February 22](#) | [April 5](#)
(must register for both sessions)

Employees, please register using this link -
[MC Learns through Workday](#)

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