Embracing Failure:

The Antidote to Imposter Syndrome

Presented by:
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&
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ATA | WOMEN IN TEXTILES SUMMIT

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- Founder and Owner of LGS Marketing Services
- Adjunct Professor at Rider University
- Contributing Author to Best Seller *Stepping into Gratitude*
- Norm Brodsky College of Business Hall of Fame Inductee: Rider University
- Board member: International Governing Board of Delta Phi Epsilon
- Board member: Gail Bierbaum Leadership Council at Rider University

What is Imposter Syndrome?

The persistent inability to believe that one's success is deserved or has been legitimately achieved as a result of one's own efforts or skills

The Diagnosis:

Recognize and Reframe Imposter Syndrome:

Identify the signs of imposter syndrome and reframe failure as a natural part of personal and professional growth.

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Identify the signs of imposter syndrome and reframe failure as a natural part of personal and professional growth.

The Antidote:

Develop a Growth Mindset and Resilience:

Apply practical tools to shift from a fixed to a growth mindset by embracing setbacks as learning opportunities.

Did you know?

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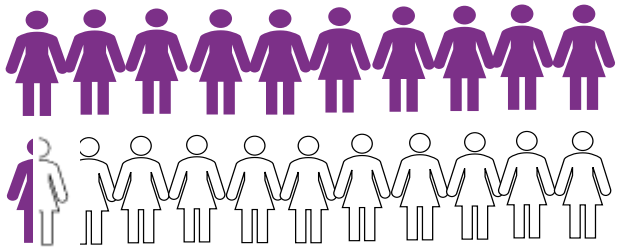

women have experienced unfounded self-doubt

Did you know?

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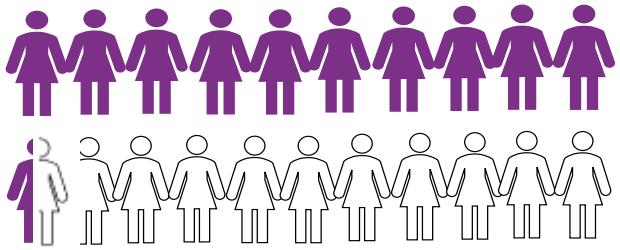

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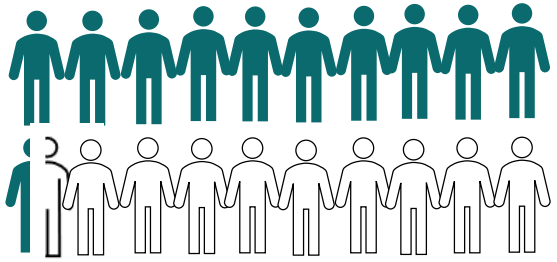

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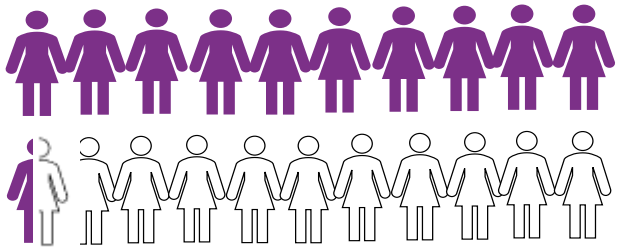

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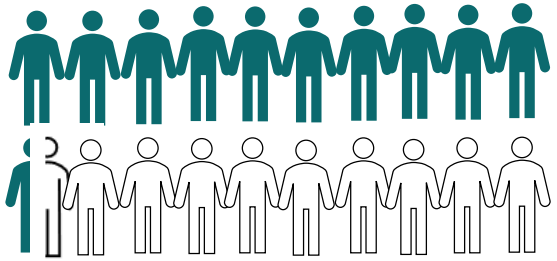

men say they have never felt it at all

Did you know?

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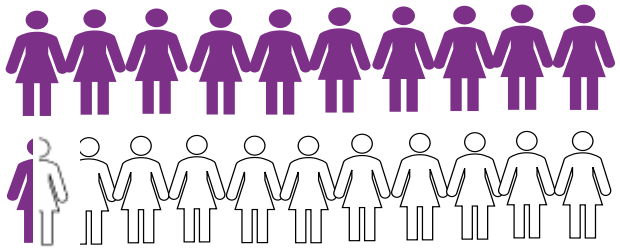

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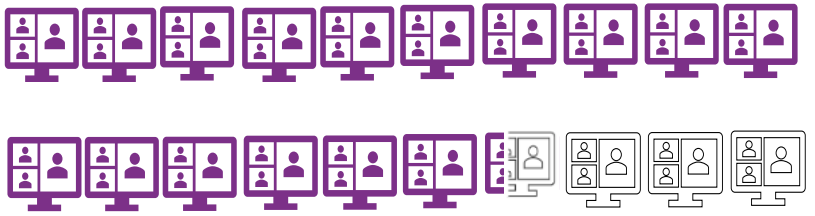
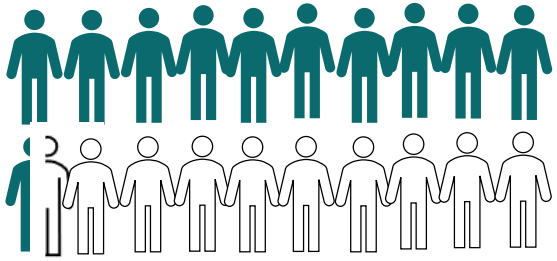


women are most likely to experience it in the workplace

54%



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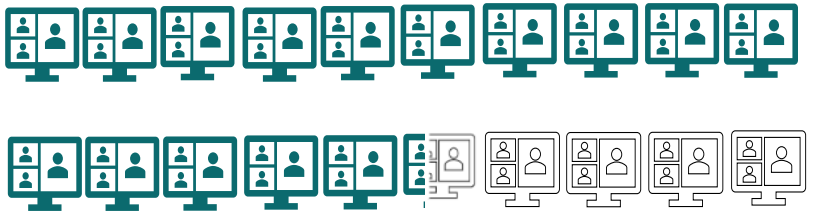


men only ever felt it in the workplace

Symptoms of Imposter Syndrome

- Self-doubt
- Fraudulent feelings
- Not feeling successful despite being successful
- Comparing yourself to others

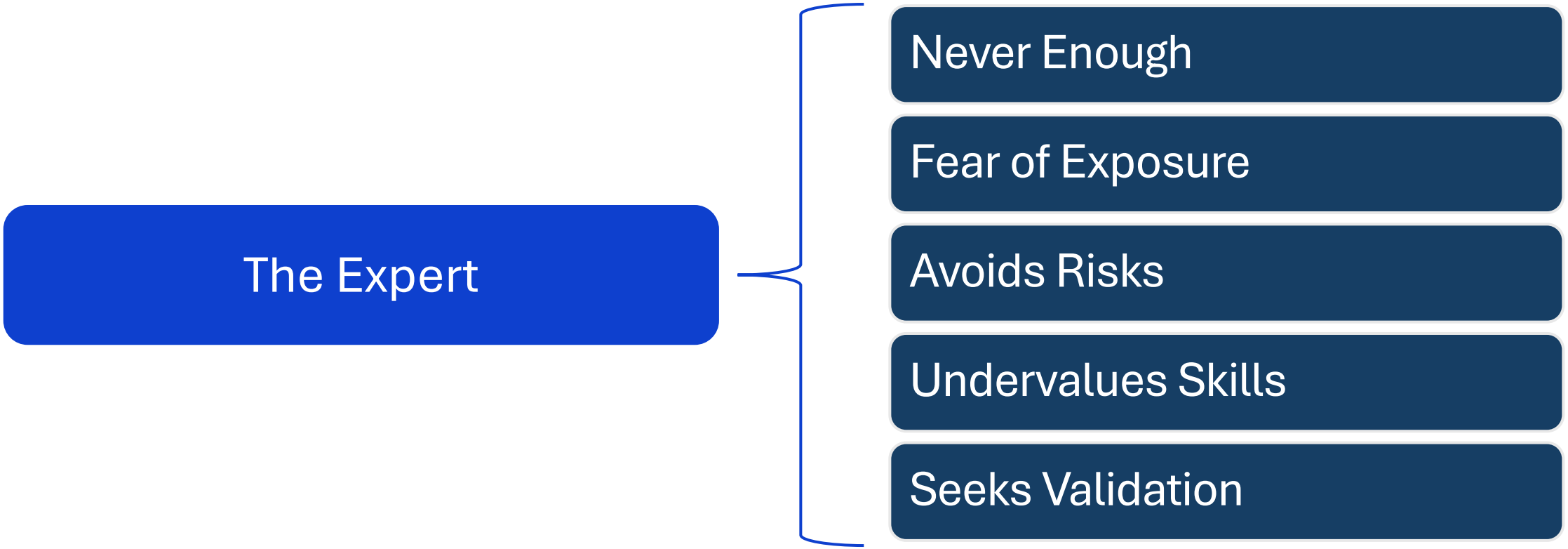
Have there been times you've felt like an imposter?

5 Types of Imposter Syndrome

- The Perfectionist
- The Expert
- The Soloist
- The Natural Genius
- The Superwoman

The Perfectionist

- Unrealistic Standards
- Procrastination
- Overwork
- Self-Doubt
- Harsh Criticism

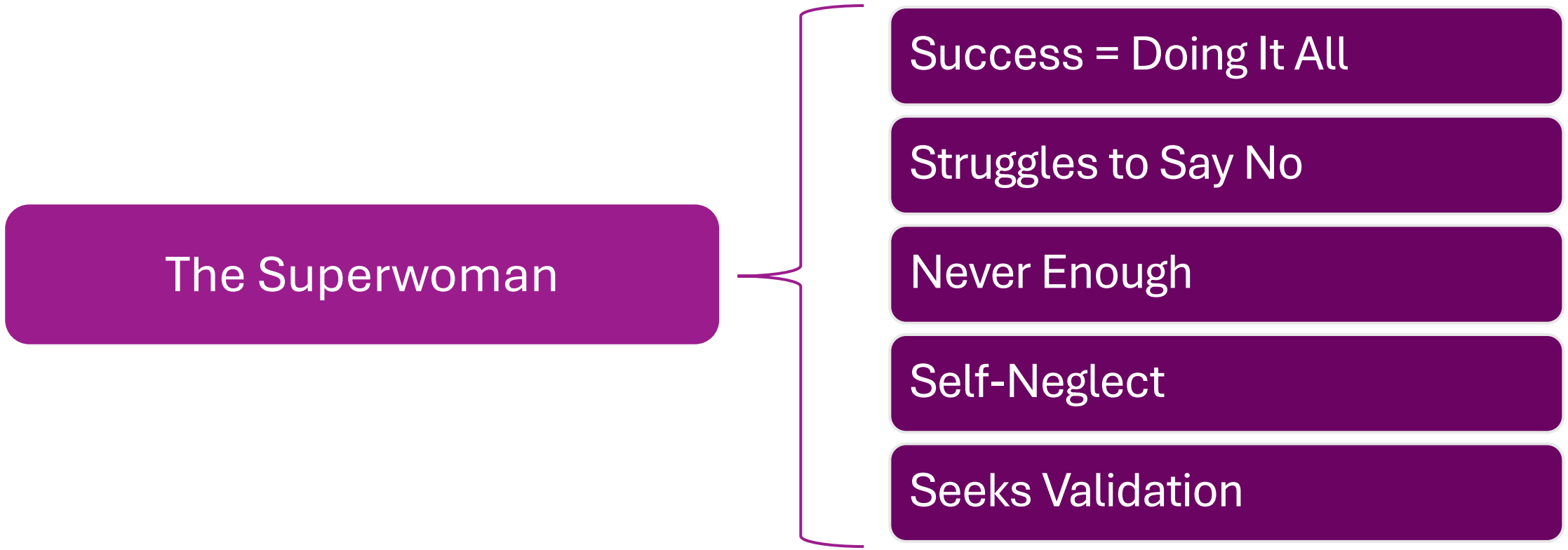

The Expert
Never Enough
Fear of Exposure
Avoids Risks
Undervalues Skills
Seeks Validation

The Soloist

- Overly Independent
- Help = Weakness
- Struggles with Teams
- Takes on Too Much
- Self-Worth = Doing it Alone

The Natural Genius

- Effortless Mastery
- Struggles = Failure
- Avoids Challenges
- Self-Pressure
- Intelligence = Identity


The Superwoman
Success = Doing It All
Struggles to Say No
Never Enough
Self-Neglect
Seeks Validation

It’s not just about your **perception** of self.

It’s also about your **perception** of others

So, what do we do now?

Imposter syndrome is not something women just have to ‘**get over**’.

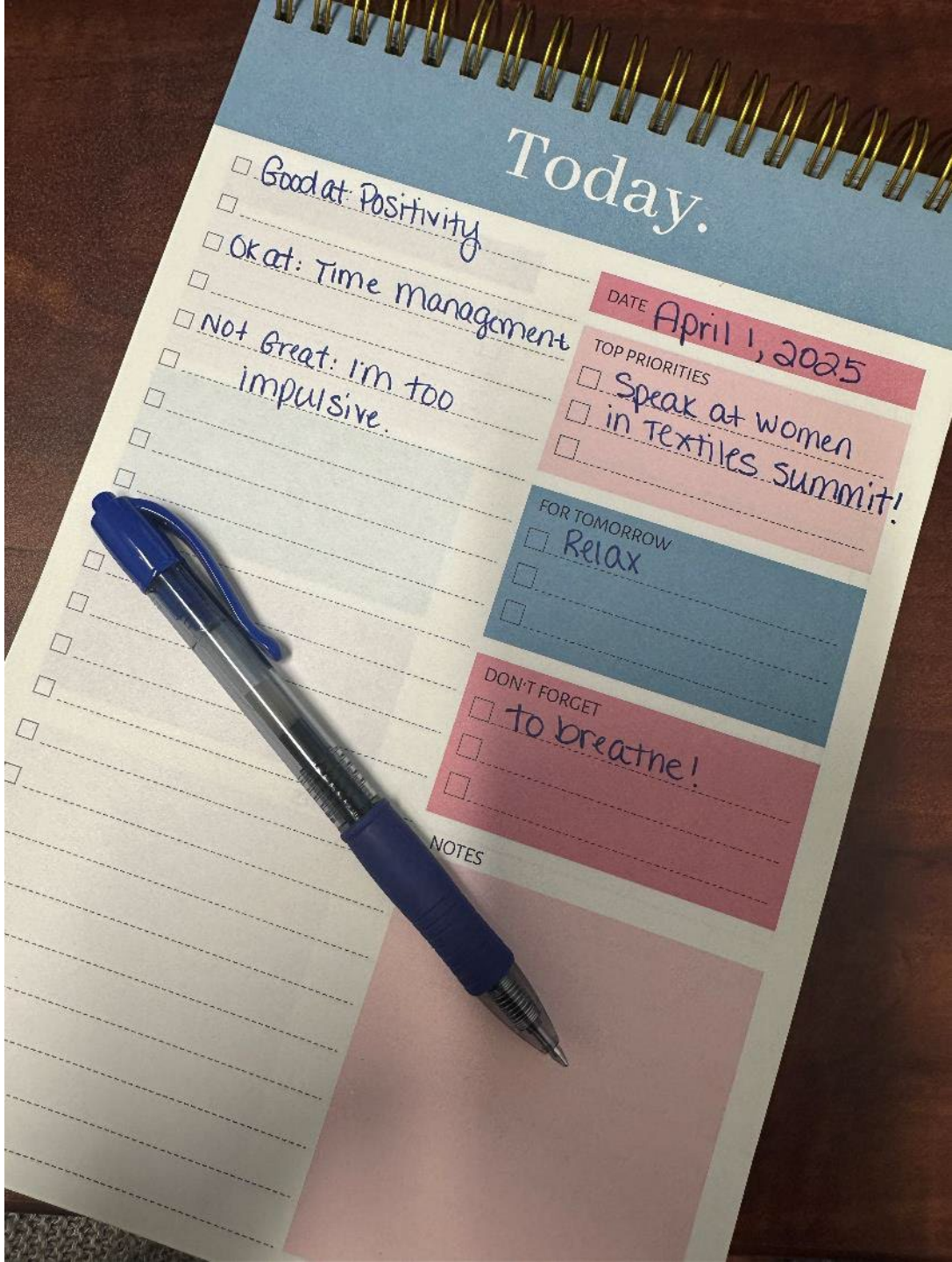
Rather

What if it is something that you know is there and you work with it to help you propel to the next level?

Awareness & Resilience

Take Inventory:

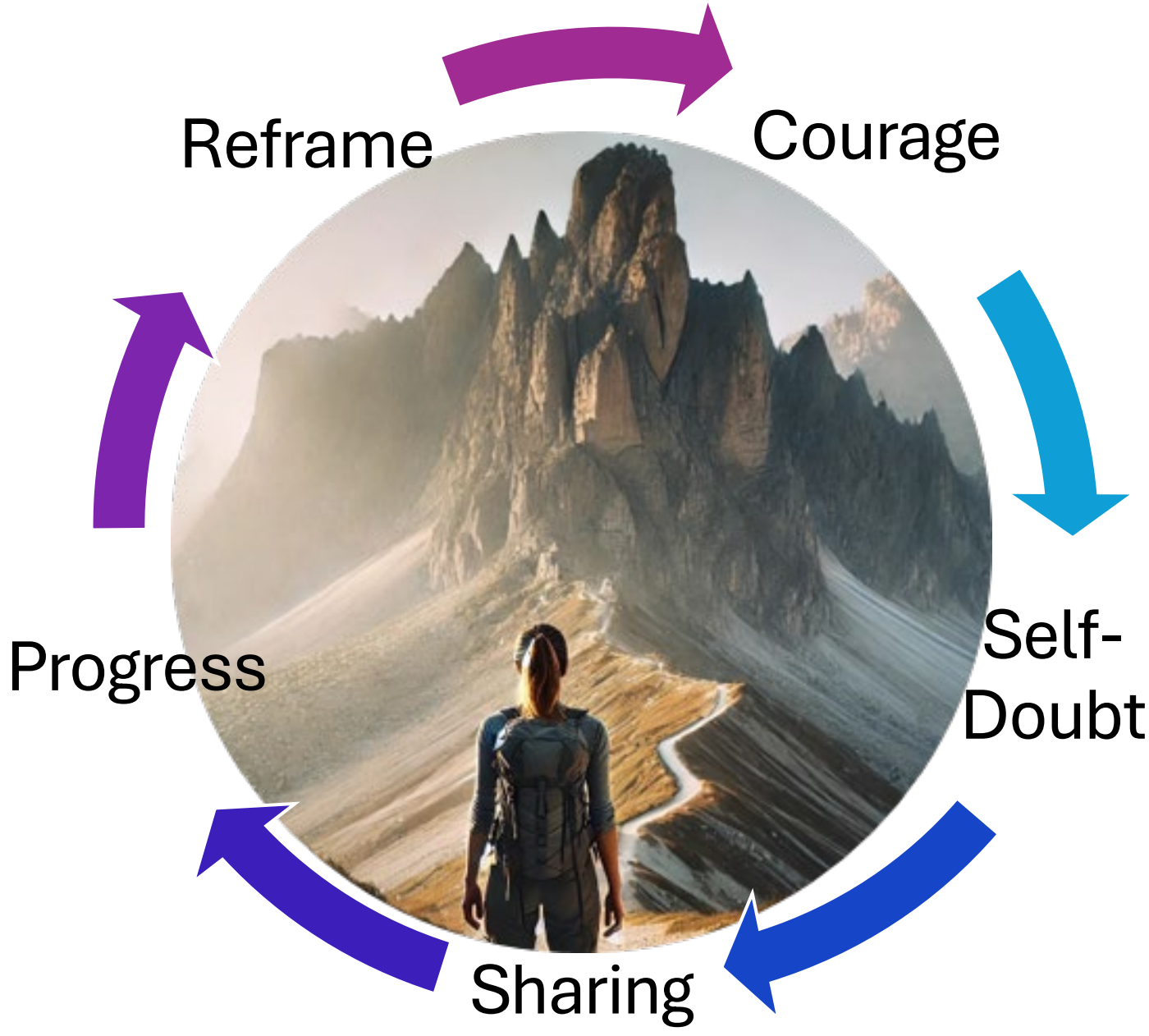
- What are you really good at?
- What are you ok at?
- What are you not great at?



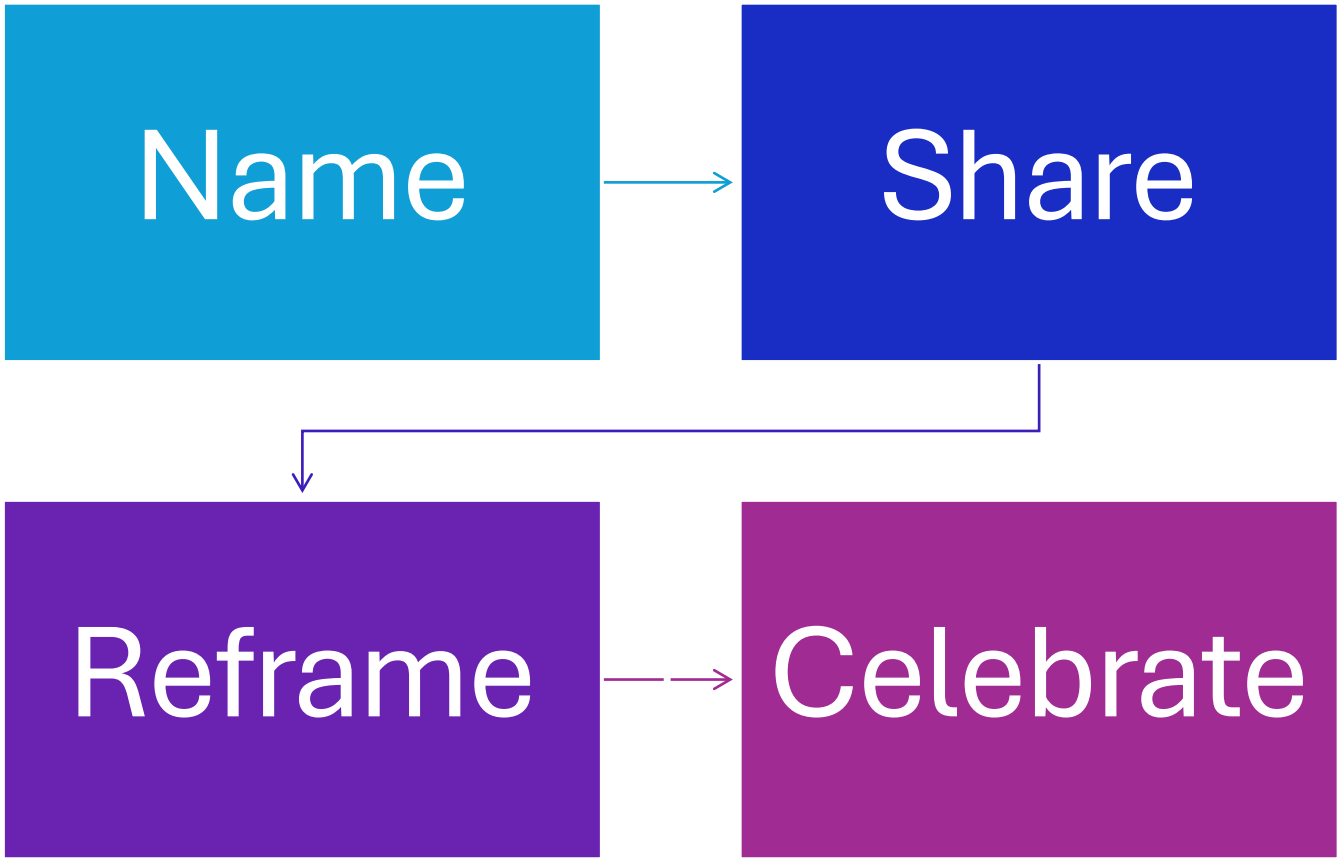
Embracing Failure

Adopt A Growth Mindset

Being Vulnerable



Leaning Into Vulnerability

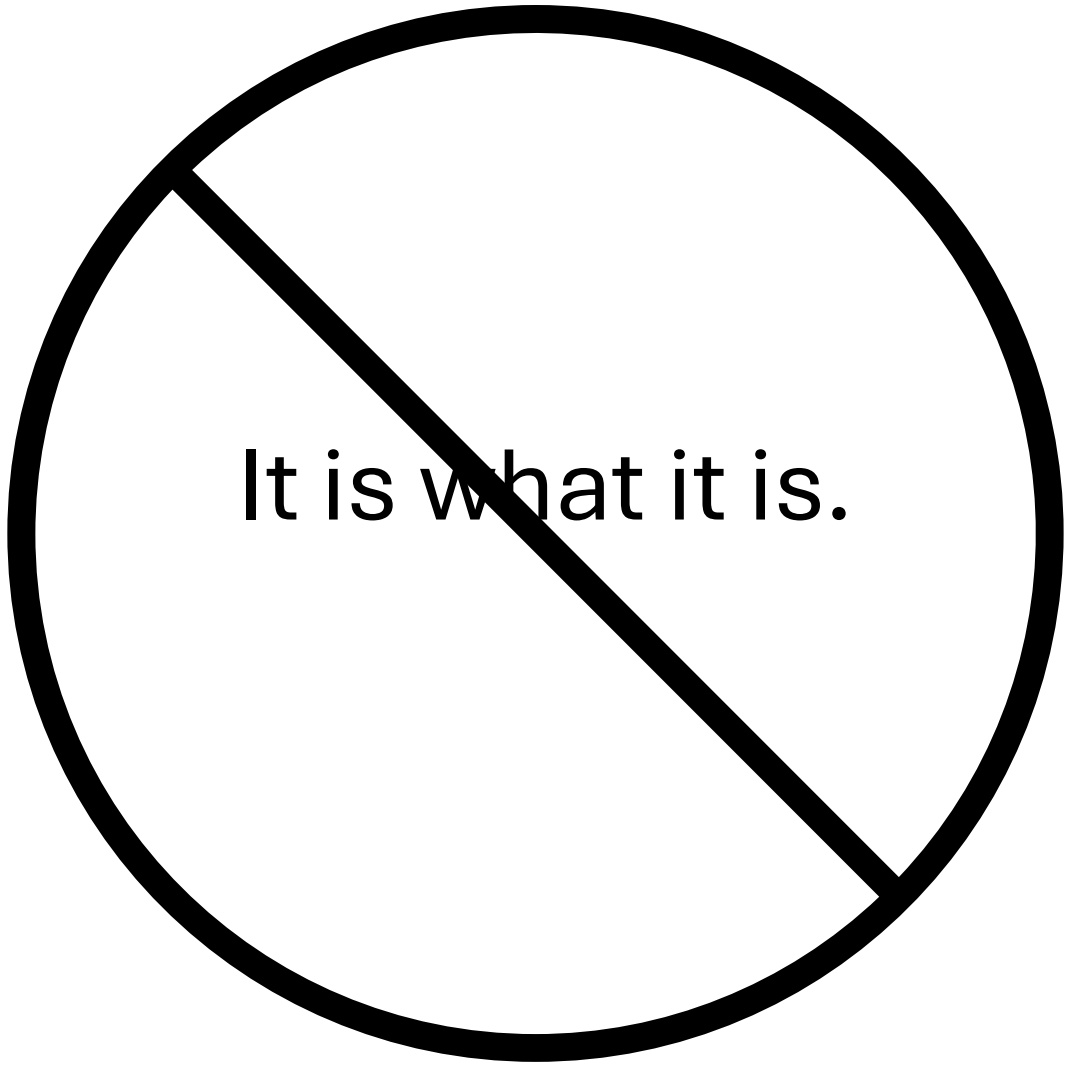


Let’s Reframe how we think about Failure

Reframe how we talk about failure to ourselves and to each other.

Rethink how can we give support in a way that is beyond general niceties.

It is what it is.

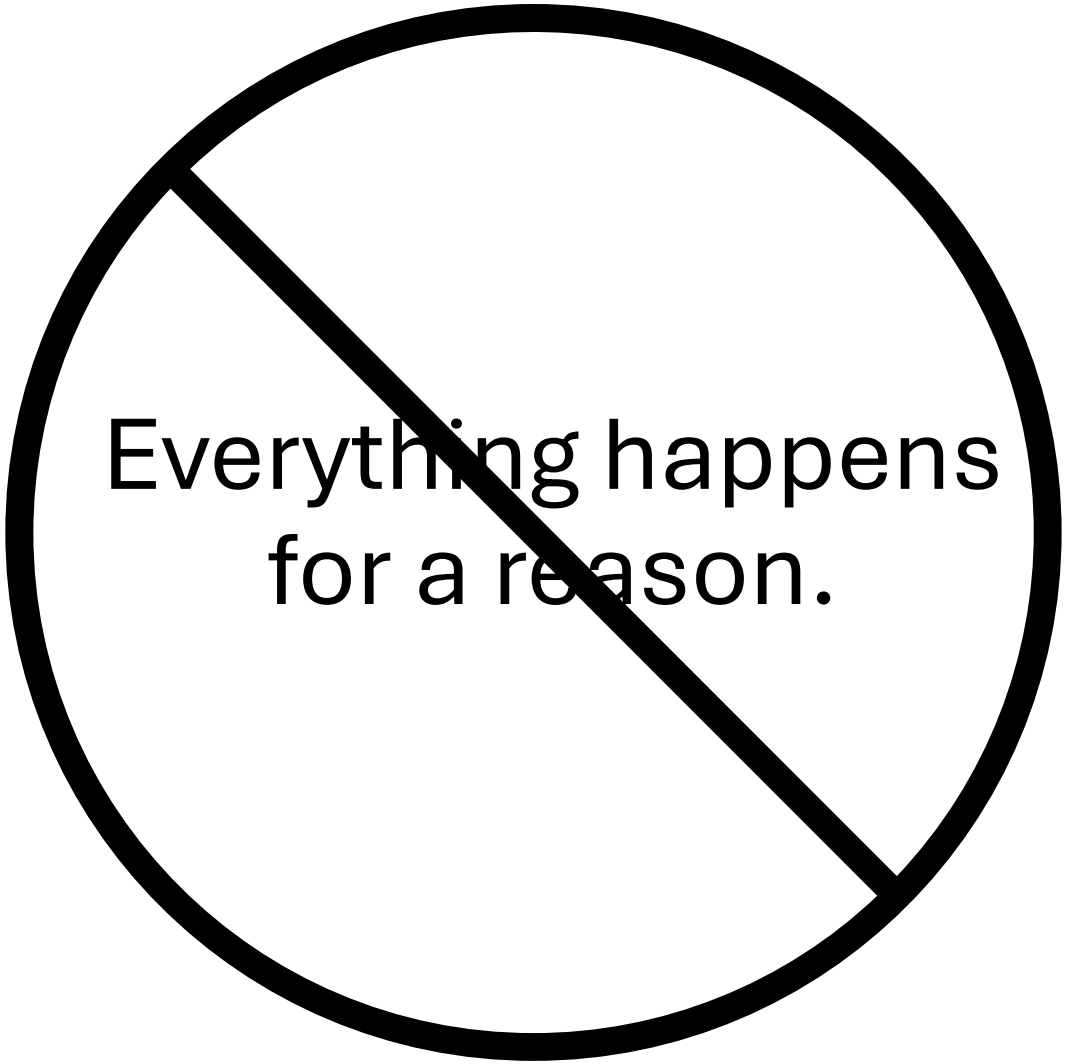

It is what it is.

It will all be ok

Just do your best.


It will all be ok
Just do your best.

Everything happens for
a reason.


Everything happens
for a reason.

Let’s instead do the AAD framework:

01

Acknowledge

02

Accept

03

Decide

I know this is happening,
I recognize that I am capable and I am going to do something about it

01

Acknowledge

02

Accept

03

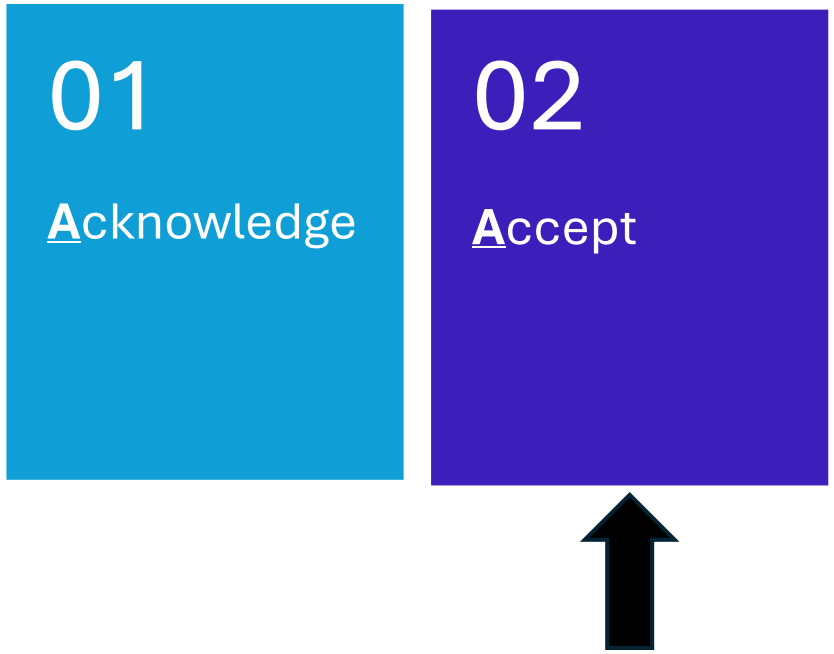
Decide

I know this is happening,

01

Acknowledge

I know this is happening,
I recognize that
I am capable



I know this is happening,
I recognize that I am capable and I am going to do something about it

01
Acknowledge

02
Accept

03
Decide

I recognize this is happening, I hear you and how can I help?

01

Acknowledge

02

Accept

03

Decide

I hear you, I understand and I am cheering you on.

01

Acknowledge

02

Accept

03

Decide

Failure is Not the Ending – It's the Antidote

Failure is a way to step up, not step back

Reframe your narrative

Embrace the chaos

Keep the conversation going

Let’s Connect

Emily Donnelly

Laura Glotzbach