



**I can, I will, End of Story.
Conquering Impostor
Syndrome**

Michaela Kendall



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Most qualified to do nothing

- **BA International Studies and Anthropology** University of Illinois at Urbana-Champaign
 - **Health and Nutrition Specialist** AmeriCorps *VISTA
 - **World Language Lab Facilitator** Libertyville High School
 - **MA International Education** SIT Graduate Institute
 - **Lead Academic Database Specialist** IES Abroad
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Most qualified to do nothing

- **Certified yoga instructor** but I don't teach
 - **Detail-oriented** to a fault
 - **Organized** like obsessively
 - **Really great at obscure trivia** the more random, the better
 - **Fluent in sarcasm** which isn't always helpful
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Introduce yourself!

Who are you?

What are your top skills?

What do you want to improve on?

What is impostor syndrome?

“Imposter syndrome can be defined as a collection of feelings of inadequacy that persist despite evident success.”

Harvard Business Review

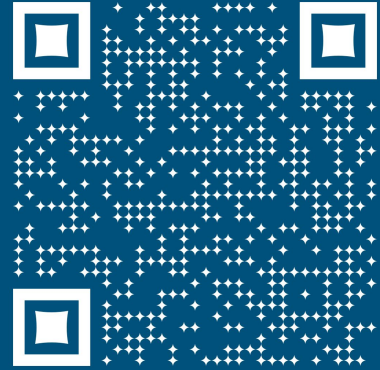
5 Types of Impostors

According to Dr. Valerie Young

1. **Perfectionists**
Value: Perfection
 2. **Superhumans**
Value: Hard work
 3. **Natural Geniuses**
Value: Natural ability to excel
 4. **Soloists**
Value: Not needing help
 5. **Experts**
Value: Omniscience
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Are you an impostor?

- Do you often doubt your own knowledge?
- Do you often feel like your work is not good enough?
- Do you often devalue the praise that you receive?
- Do you often dwell on your failures without celebrating your successes?
- Do you often fear being exposed as a fraud or feel like you are only where you are because of luck?



[Impostor Syndrome Quiz - Pauline Rose Clance](#)

You're doomed!

Just kidding! 😏

How to Conquer your Impostor

The first step is recognizing you have a problem

Recognize your weaknesses and release them without judgement

Visualize your Success

Reframe your mindset to see your strengths

Start by reframing your resume

If you need help, ask a friend

Harness the power of positive affirmations

Start with baby steps

If you need help, [channel your inner Jessica](#)

Embrace your Worth

Accept compliments with grace

You are worthy of praise

You are appreciated for your contributions

Celebrate your Successes

Toot your own horn

Market yourself like Steve Jobs marketed the Apple products

Teamwork Makes the Dream Work

Find your champions

Are they dream weavers or dream crushers?

Cheerleaders are there to psyche up the crowd and support the team

Ask for help

Join a mentorship program –

Mentee: guidance and support

Mentor: confidence and admiration

Lean on people you trust

Everything is Learning Opportunity

Accept feedback as a opportunity to grow

Constructive criticism means they care [Radical Candor](#)

Challenges = Change

If you fail, what did you learn? If you struggled, what can you do better next time?

Sanford's Theory of Development and Support

Reset your Goals

Be realistic

Can I achieve this within my limitations? Am I overextending myself?

The Tortoise and the Hare, Early bird gets the worm... How do these end?

“Good enough is good enough”

Will my world collapse if I don't...
finish on time?
give my all?
out-do everyone else?

Time to Retrain your Brain!

What are my top skills, experiences, etc.?

- **Capstone project on Basque Identity and Separatism** University of Illinois at Urbana-Champaign
- **Developed and taught Health and Nutrition curriculum from scratch** AmeriCorps *VISTA
- **Planned and chaperoned 2-3 trips abroad per year** Libertyville High School
- **Capstone project in Program Design and Development** SIT Graduate Institute
- **Designed relational database for all academic- and program-related information** IES Abroad
- **International Educators of Illinois** Member
- **NAFSA** Member
- **Spanish and French** proficiency
- **Tech** savvy
- **Study abroad** Singapore, Avignon, Bilbao, Cuzco


- **Higher Education** International Studies and Anthropology focusing on Spanish language and European Studies
 - **Continued Education** International Education focusing on Program Design and Development
 - **10+ years experience** in Study Abroad programming at the high school and college level
 - **7+ years service** to the IEI Leadership Team
 - **Language** Intermediate proficiency in Spanish and novice proficiency in French
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Michaela Kendall

Study Abroad Professional

Re-introduce yourself!

(without the impostor)



Introduce your new self at the Networking Happy Hour!

**Hosted by Loyola University Chicago
School of Education**

