




Building Confidence in Your Career: Imposter Syndrome Workshop

UTSA University Career Center



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Expectations



Confidentiality

Opportunities to share

Judgement free & Respect

UTSA Wellbeing Services



What is Impostor Syndrome?



When you doubt your abilities and feel like you don't belong, you're a fraud, or you just got lucky

It's affects on you

What it sounds like



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Career development can be hindered

It can affect resume writing, job searching, interviewing, or even starting a new job!



Somatic/Body

heart racing, sweating, nausea, dizziness, fidgeting

Emotions

fear, anger, jealousy, shame, anxiety, doubt, embarrassment

Mental

perfectionism, comparison, analysis paralysis, avoidance



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Common phrases you might hear or say

"I feel like I don't belong at UTSA."

"If there is a better idea, we can ignore what I just said."

"I don't think I have enough experience for this job."

"If I failed this class I won't be successful in this career."

"I'm afraid to reach out to this employer, because I might sound stupid."

"I shouldn't have gotten this internship."



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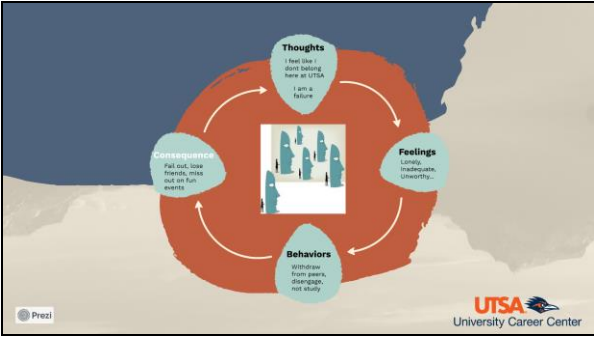
Strategies

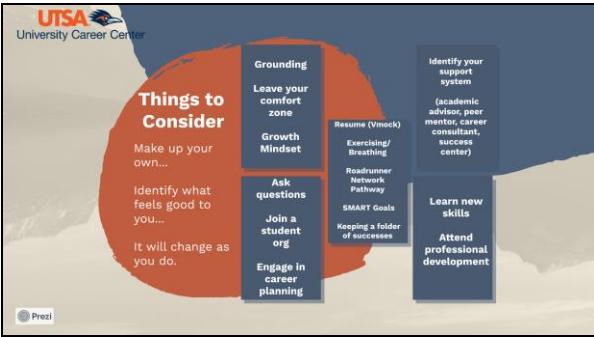
Implement when you feel impostor syndrome is taking over

Intention

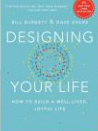
A Cycle

2









**Designing Your Life:
Odyssey Planning**

Dysfunctional Belief: I need to figure out my best possible life, make a plan, and then execute it.

Reframe: There are multiple great lives (and plans) within me, and I got to choose which one to build my way forward to next.

Brainstorm 3 Odysseys of work, fun/ play, love, and health

"No plan of battle survives first contact with the enemy" - Dwight Eisenhower

"No plan for your life survives first contact with reality" -Life Design Lab

Life #1
[Handwritten: Senior Event Organization]

Life #2
[Handwritten: BEST ALTERNATIVE]

Life #3
[Handwritten: WILD IDEA!]

Example

Reflect

Life #1
THE STORY YOU TELL TODAY
(YOUR IDEAL LIFE)

UTSA
[Senior Event Organization]
CLIFTON STRENGTHS
Program Manager
DHL Performance
[Handwritten: Senior Event Organization]
[Handwritten: Senior Event Organization]
[Handwritten: Senior Event Organization]

Life #2
BEST ALTERNATIVE

NSA
[Handwritten: Senior Event Organization]
[Handwritten: Senior Event Organization]
[Handwritten: Senior Event Organization]
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Life #3
WILD IDEA!

BOOKS
BEANS +
Bordeaux
[Handwritten: Senior Event Organization]
[Handwritten: Senior Event Organization]
[Handwritten: Senior Event Organization]

Include: Location, Type of people you're with, Type of activities/projects you're doing, What you're exploring, Etc.



Multiverse Reflection:

What was it like to create 3 different versions of your future?

Where do you see themes and/or energy?

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Career Affirmation Prompts

Fill in the blank (Make a notecard or sticky note to keep in your wallet or a place that you can easily find it for reference)

Set affirmation reminders on your phone

I am proud of myself for _____

I am good at _____

I enjoy _____

I am grateful for _____

I am going to _____

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Reframing Imposter Syndrome

What are some positive takeaways?

Humbleness

Channel the motivation to learn (motivation leads to action)

Always willing to actively learn more and grow

Acknowledging universality

Your insecurities show that you care

A New Cycle

Takeaways & next steps

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Thoughts

Learning more at UTSA
I am successful

Feelings

Confident, competitive, worthy

Behaviors

Engaging with peers, networking, studying

Consequence

Engaged, academic success, opportunities

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Reflection of takeaways and next steps:

How can you support someone who struggles with imposter syndrome?

Maybe you don't experience imposter syndrome yourself, but you know someone who does








Adam Grant
@AdamGrant

Impostor syndrome: "I don't know what I'm doing. It's only a matter of time until everyone finds out."

Growth mindset: "I don't know what I'm doing yet. It's only a matter of time until I figure it out."

The highest form of self-confidence is believing in your ability to learn.

Questions?







Thank you

Thank you for attending this presentation. We hope that it has encouraged and empowered you in your career journey as you continue reflecting on your own professional development, and assisting others.

UTSA Wellbeing Services:
utsa.edu/students/wellbeing/

UTSA Career Center:
careercenter.utsa.edu

