

Resources Sheet – Overcoming Imposter Syndrome in the Workplace

Further reading and resources

- The Imposter Syndrome Institute (free resources), <https://impostorsyndrome.com/resources/articles/>
- University of Edinburgh, worksheet booklet on IS, https://www.docs.hss.ed.ac.uk/iad/Researchers/Research_staff/Imposter_Syndrome.pdf
- Feeling like a fraud? Imposter syndrome is common among high achievers, <https://www.uclahealth.org/news/article/feeling-like-fraud-imposter-syndrome-common-among-high>
- American Psychological Association, How to overcome impostor phenomenon, <https://www.apa.org/monitor/2021/06/cover-impostor-phenomenon>
- TED Talk: Thinking your way out of impostor syndrome with Dr Valerie Young, <https://www.youtube.com/watch?v=h7v-GG3SEWQ>
- Overcome-imposter-syndrome, <https://allbrighteverywoman.com/wp-content/uploads/2022/07/Overcome-imposter-syndrome.pdf>
- Self-doubt slayer workbook, <https://uploads.teachery.co/uploads/course/inline/27190/1716394946-Imposter%20Syndrome%20Workbook%20%282%29.pdf>
- Imposter syndrome, finding a name for the feelings by Dr Valerie Young, <https://speakupforsuccess.com/wp-content/uploads/2020/05/Imposter-Syndrome-by-Dr.-Valerie-Young-1.pdf>
- How to turn imposter syndrome into confidence, powerful communication and career success: https://static1.squarespace.com/static/66c8ad95533f13540b655ae6/t/66d084957e3a051f680726b3/1724941467387/IMPOSTER+SYNDROME+E_BOOK.pdf