

ESSA

ENTREPRENEURIAL STUDENT ASSOCIATION

Imposter
Syndrome:
Busted!
Workshop

FEBRUARY 15, 2023

Membership Requirements

Membership Dues:

- \$40 for the Semester (no other requirements)

Exclusive Membership Benefits:

- Weekly meetings with free food
- ESA T-shirts & other merch
- Access & transportation to external events
- Access to ESA Member Discord & job/internship listing

CAREERS IN COLOR EMPLOYER PANEL EVENT

Feb. 22, 2023
4:30 - 6:00 PM

Hear from
companies and
alumni on how to
grow your network

ESA



National
Urban League



1810 Liacouras Walk -
Innovation and
Entrepreneurship Institute

 Career
Center

Registration Link on Handshake

ESA Members Social Event: **THIS SUNDAY – Meet at 1pm in Alter Hall**



Imposter Syndrome: Busted!

LED BY KENNEDY BROWN

“I have written eleven books, but each time I think, ‘Uh oh, they’re going to find out now. I’ve run a game on everybody and they’re going to find me out.’” - Maya Angelou

“No matter what we've done, there comes a point where you think, 'How did I get here? When are they going to discover that I am, in fact, a fraud and take everything away from me” - Tom Hanks

“Who doesn’t suffer from imposter syndrome? Even when I sold my business for \$66 Million, I felt like an absolute fraud!” - Barbara Corcoran



What Is Imposter Syndrome?



Not a diagnosable mental illness

- Feeling of phyness and unworthiness when it comes to achievements.
- Feelings of inadequacy or self-doubt, despite evidence of their success or competence.
- Usually accompanied by anxiety, depression, and limiting beliefs.
- High-achieving individuals and successful people are among the most likely to experience imposter syndrome.

WHY Does It Matter?

- Starting a new business comes with a lot of challenges and uncertainty.
- Imposter syndrome can lead to self-doubt, burnout, and lack of trust in others.

Fear that you
won't live up
to expectations

Self- doubt

Sabotaging your
own success

Berating your
performance

Imposter Syndrome In Entrepreneurs

Difficulty
accepting
feedback

Overworking

Attributing your
success to
external factors

Difficulty delegating



"I'm not good enough"

"I am terrible at everything"

"I am not creative enough"

"I'm not smart enough"

Limiting Beliefs

"I'm too old"

"I'm too out of shape"

"My coworkers are so much better than
me "

Limiting Beliefs

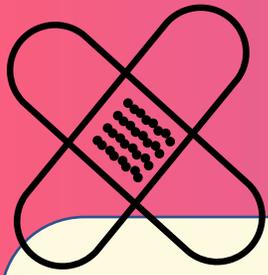
1. Recognize the limiting belief
2. Reject it
3. Reframe it into an empowering belief
4. Be willing to see the change one step at a time

"I'm not" → "I am"

"I can't" → "I can"

"I don't have" → "I do have"

Coping Mechanisms



Share Your Feelings

Focus On Your Strengths

Celebrate Achievements

Reframe Negative Thinking

Set Realistic Expectations

Take Action



Vision Board Activity

Option One

Create a personal or professional vision board using Canva, Google Slides, or an app of your choosing.

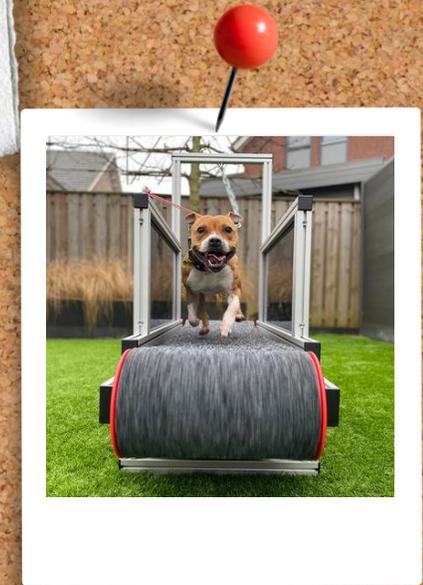
Option Two

Answer these ten reflection questions.

1. Who would you be if you had no restrictions at all?
2. What have you accomplished already?
3. What opportunities are you looking for?
4. What do you want to achieve one year from now?
5. What are your biggest strengths?
6. What bad habits do you want to break?
7. What new habits do you want to develop?
8. What do you fear most in life?
9. What would success look and feel like?
10. How would achieving your goal help others around you?



Why Not Me? Why Not Now?



Connect With Us

Website: tuesa.org

Instagram: [@temple.esa](https://www.instagram.com/temple.esa)

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**Next Week:
Black
History
Month Panel**

Venmo for Dues:
[@aidenlamb](#)



SUITABLE CODE:

