

Handling Exam Stress & Imposter Syndrome

Clare Josa

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What We'll Cover Today

- ▶ The power of self-talk
- ▶ How thoughts become habits
- ▶ The stress cycle – and your exams
- ▶ How to press 'pause' in under sixty seconds!
- ▶ Comparisonitis & Imposter Syndrome
- ▶ How to rewire your brain


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Clare Josa – Who Am I?

- ▶ 8x Author
- ▶ Specialised in Imposter Syndrome in since 2003
- ▶ Former Senior Engineer & Head of Market Research
- ▶ Expert in the psychology & neuroscience of performance



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FINANCIAL TIMES **marie claire** BUSINESS INSIDER **the guardian** The Telegraph

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The Power Of Self-Talk

I am tired and stressed.

I am confident and strong.

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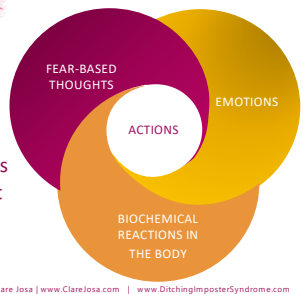
Have you ever had your mind go blank when you were asked a question in a lesson?

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The Stress Cycle & Self-Sabotage



Your body feels every thought you think.

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How Thoughts Become Habits

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What The Neuroscience Says

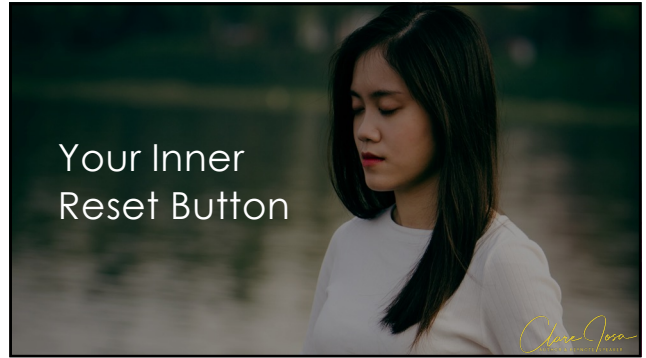
Reticular Activating System

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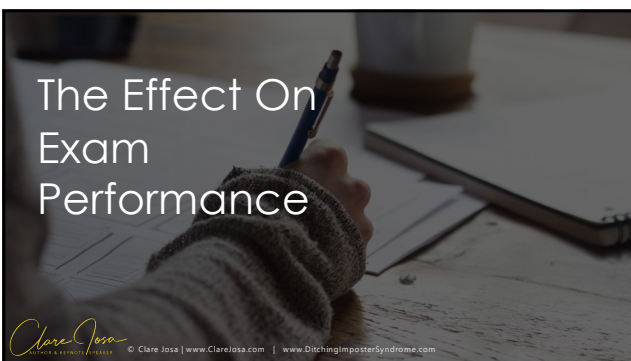
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What Is Imposter Syndrome?

The secret fear of being found out as 'not good enough' or a 'fraud', despite external evidence that we're doing well.

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The Imposter Syndrome Gap

It's more than 'self-doubt' in a spiky suit.


It's the gap between who we see ourselves as being and who we think we need to be, to achieve our goals.

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How Widespread Is It?



49% 'daily' / 'regularly' in the past year

52%

Full research white paper:
www.DitchingImposterSyndrome.com/research

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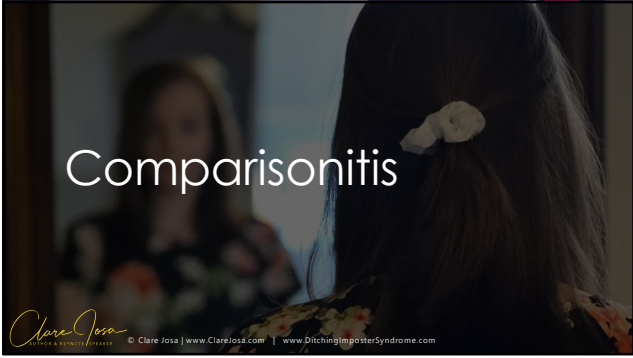
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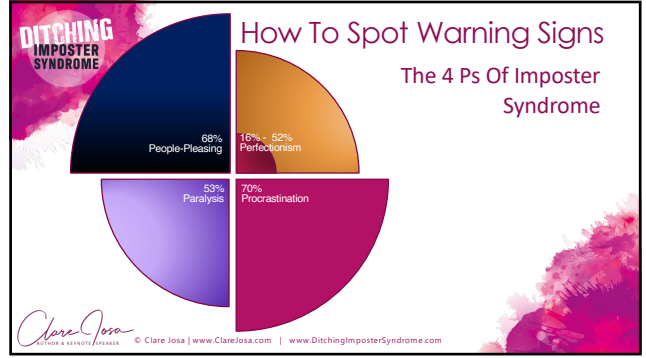
Imposter Syndrome is the fear of others judging us, the way we judge ourselves.

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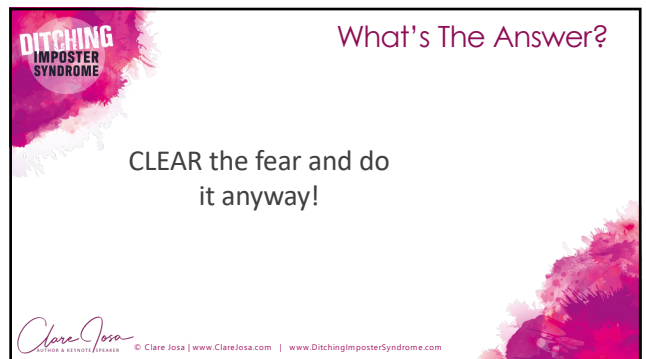
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DITCHING IMPOSTER SYNDROME

Self-Mentoring Questions

- ▶ Is this really true, or is it just Imposter Syndrome speaking?
- ▶ What do I want, instead?
- ▶ What's the first action I can take towards that?

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Reconnecting With Your Inner Cheerleader #Microwins

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The Power Of Micro-Wins

- Make them about your behaviour
- Make them specific.
- Don't just think them. Feel them.

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What Action Will You Take?

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