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Coping Strategies for Impostor Phenomenon Among Health Sciences Librarians

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Coping Strategies for Impostor Phenomenon Among Health Sciences Librarians

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Impostor Phenomenon is the inability to internalize accomplishments while experiencing the fear of being exposed as a fraud.



Do you use any strategies to address feelings of inadequacy at work?

External

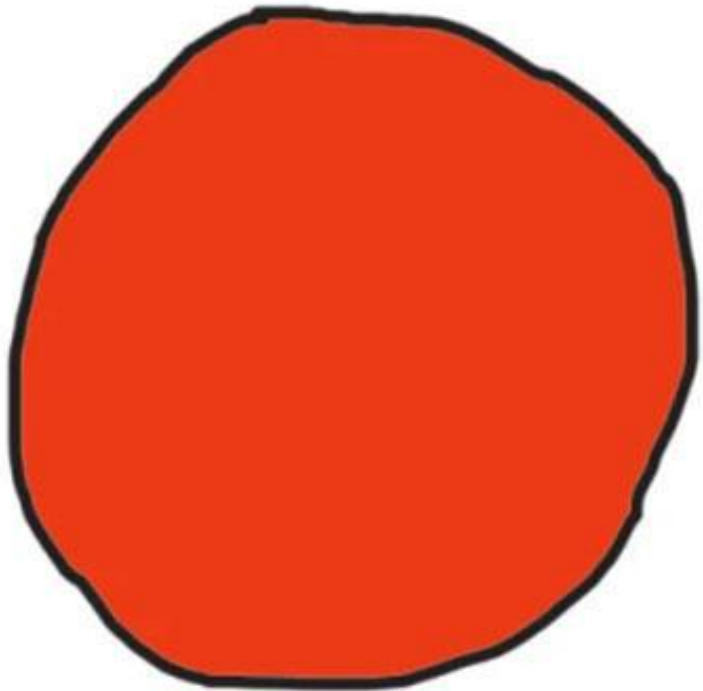
- Education
- Mentorship
- Therapy
- Support from colleagues
- Support from friends/family

Internal

- Reflection
- Mindfulness
- Fake it 'til I make it
- Perseverance
- Avoidance
- Over-preparing

How effective are those strategies?

TYPES OF PEOPLE WHO CAN HAVE IMPOSTOR SYNDROME:



- ALL THE SMART, SUCCESSFUL
PEOPLE THAT YOU THINK
HAVE IT ALL TOGETHER