

TODAY!

IMPOSTER SYNDROME & BUILDING CONFIDENCE IN YOURSELF

***Confident
& Killing It***

ABOUT ME- TIWALOLA ADEBAYO

FOUNDER
CONFIDENT AND KILLING IT

QUALIFIED LIFE COACH SPECIALISING IN
POSITIVE PSYCHOLOGY

IF OPRAH AND BEYONCÉ HAD
A BABY IT WOULD BE ME

TRUSTED BY



AGENDA

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HOW TO SPOT
IMPOSTER SYNDROME

PRACTICAL TIPS FOR
BUILDING CONFIDENCE

CELEBRATING YOUR
ACCOMPLISHMENTS

IMPOSTER SYNDROME
IS THAT YOU?

IMPOSTER SYNDROME

Is a psychological phenomenon where you believe you're an inadequate and incompetent person, despite evidence that indicates you're skilled and successful. You often live in fear and don't feel worthy of your opportunities and accomplishments

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IMPOSTER SYNDROME
IS THAT YOU?

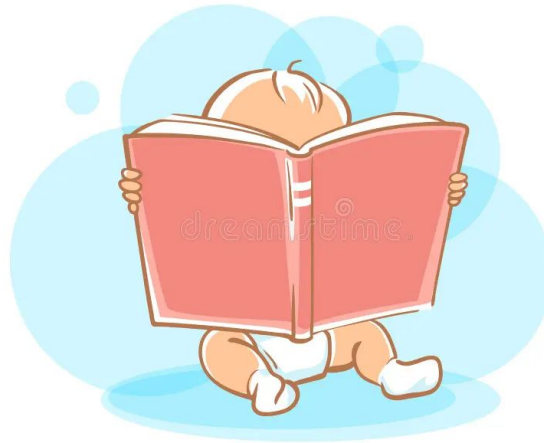
THE PERFECTIONIST



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IMPOSTER SYNDROME
IS THAT YOU?

THE NATURAL GENIUS



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IMPOSTER SYNDROME
IS THAT YOU?

THE SOLOIST



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IMPOSTER SYNDROME
IS THAT YOU?

THE SUPER HUMAN



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IMPOSTER SYNDROME
IS THAT YOU?

THE EXPERT



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IMPOSTER SYNDROME
IS THAT YOU?

START PAYING ATTENTION TO HOW THEY SHOW UP

- PERFECTIONIST
- NATURAL GENIUS
- SUPERHUMAN
- SOLOIST
- EXPERT

CONFIDENCE 101

WHAT IS CONFIDENCE?

SELF BELIEF + ABILITY TO ACT

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**CONFIDENCE:
SELF BELIEF**

***YOUR WORTH IS INTRINSIC
YOU MATTER SIMPLY
BECAUSE YOU EXIST***

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**CONFIDENCE:
SELF BELIEF**

***STRENGTHS + PASSIONS
+ VALUES
=
SELF-AWARENESS***

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**CONFIDENCE:
SELF BELIEF**

I AM....

BECAUSE....

***A TIME WHEN I SHOWED
THIS STRENGTH WAS WHEN.....***

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**CONFIDENCE:
SELF BELIEF**

**WHO
YOU ARE**

≠

**HOW
YOU FEEL**

≠

**WHAT
HAPPENS
TO YOU**

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**CONFIDENCE:
SELF BELIEF**

***CONFIDENCE IS NOT AN
ABSENCE OF SELF-DOUBT***

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COMMON BARRIERS TO SELF-BELIEF

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IMPOSTER SYNDROME:

“IT WASN’T A BIG DEAL, I GOT LUCKY”

COMPARISON:

“OTHERS ARE DOING IT BETTER THAN ME”

PERFECTION:

“IT WASN’T PERFECT, SO IT DOESN’T COUNT”

IMPOSTER SYNDROME REFRAME

OUT: IT WASN'T A BIG DEAL

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IN: I MATTER SIMPLY BECAUSE I EXIST.
I'M A MOUNTAIN OF VALUE

IN: I EARNED THAT WIN. IT WASN'T LUCK,
IT WAS ME SHOWING UP, THAT MATTERS

COMPARISON

REFRAME

**OUT: OTHERS ARE DOING
BETTER THAN ME**

**IN: THEIR SUCCESS DOESN'T CANCEL OUT
MINE. EVERYONE CAN WIN**

**IN: MY LIFE, MY PACE, MY RULES,
MY ONLY COMPETITION IS ME!**

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PERFECTION

REFRAME

**OUT: IT WASN'T PERFECT SO
IT DOESN'T COUNT**

**IN: I CAN BE PROUD OF BOTH THE
JOURNEY AND THE OUTCOME**

**IN: IT DOESN'T HAVE TO BE PERFECT,
TO BE POWERFUL OR BE CELEBRATED**

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CONFIDENCE:
TAKING ACTION

(REPEATED) THOUGHTS

=

BELIEFS

=

FEELINGS

=

ACTIONS

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**CONFIDENCE:
TAKING ACTION**

***TAKE YOUR NEGATIVE
THOUGHTS TO COURT***

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NEGATIVE THOUGHT DETECTOR

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CURIOSITY

IS THIS 100% FACTS OR AM
I MAKING AN ASSUMPTION?

CHALLENGE

DOES THIS THOUGHT
SABOTAGE ME OR EMPOWER ME?

COMPASSION

WOULD I GIVE A FRIEND
THIS ADVICE?

CONFIDENCE 101

***KNOWLEDGE AND CAPABILITY
ARE NOT THE SAME***

LEARN & LEVEL UP

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CONFIDENCE 101

READINESS IS AN ILLUSION

***CONFIDENCE IS A
BY-PRODUCT OF ACTION
NOT A PREREQUISITE***

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True competence isn't...

- ✗ Knowing it all
- ✗ Overworking yourself
- ✗ Being perfect all the time
- ✗ Never needing help
- ✗ Always having an immediate answers

True competence is...

- ✓ Navigating uncertainty
- ✓ Leveraging your network
- ✓ Adapting and learning
- ✓ Delegating and trusting others
- ✓ Owning mistakes and leading with integrity

CONCLUSION

***IMPOSTER SYNDROME IS
TEMPORARY MEMORY LOSS***

START TRACKING YOUR WINS

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CELEBRATING YOUR WINS

RESILIENCE

PAST REFLECTIONS = INNER STRENGTH

MOTIVATION

PRESENT PROGRESS = MOTIVATION

CONFIDENCE

LOGGING EVIDENCE = FUTURE SELF-BELIEF

CONCLUSION

***CONFIDENCE IS A SKILL
NOT A PERSONALITY TRAIT***

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CONCLUSION

***I AM ENOUGH
I DESERVE TO BE HERE
I CAN DO HARD THINGS***

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RECAP

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WAKE UP TO YOUR WORTH

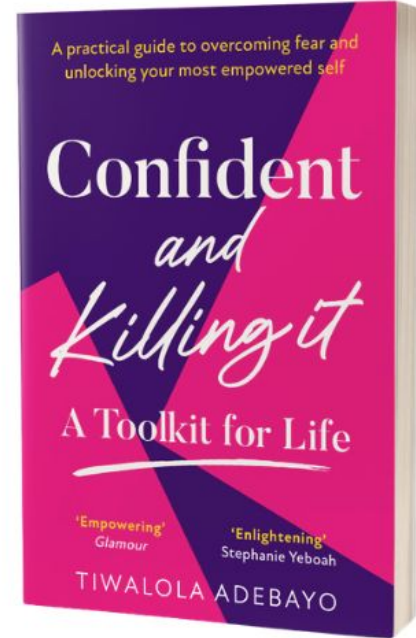
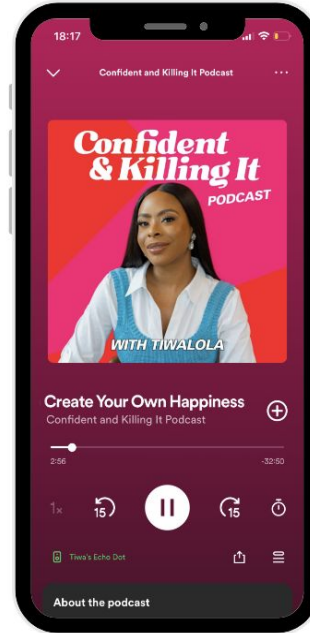
BELIEVE IN WHO YOU ARE

CELEBRATE HOW FAR YOU'VE COME

Q&A + ADDITIONAL
RESOURCES



SCAN ME



STAY IN TOUCH + Q&A

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LINKEDIN: TIWALOLA ADEBAYO

CONFIDENT AND KILLING IT
PODCAST & BOOK

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