



National Medical Director's Clinical Fellow Scheme

**Applications
now open**



NHS

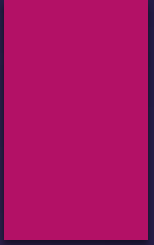


Leadership...

Idea



Doing it



Who am I to do this?

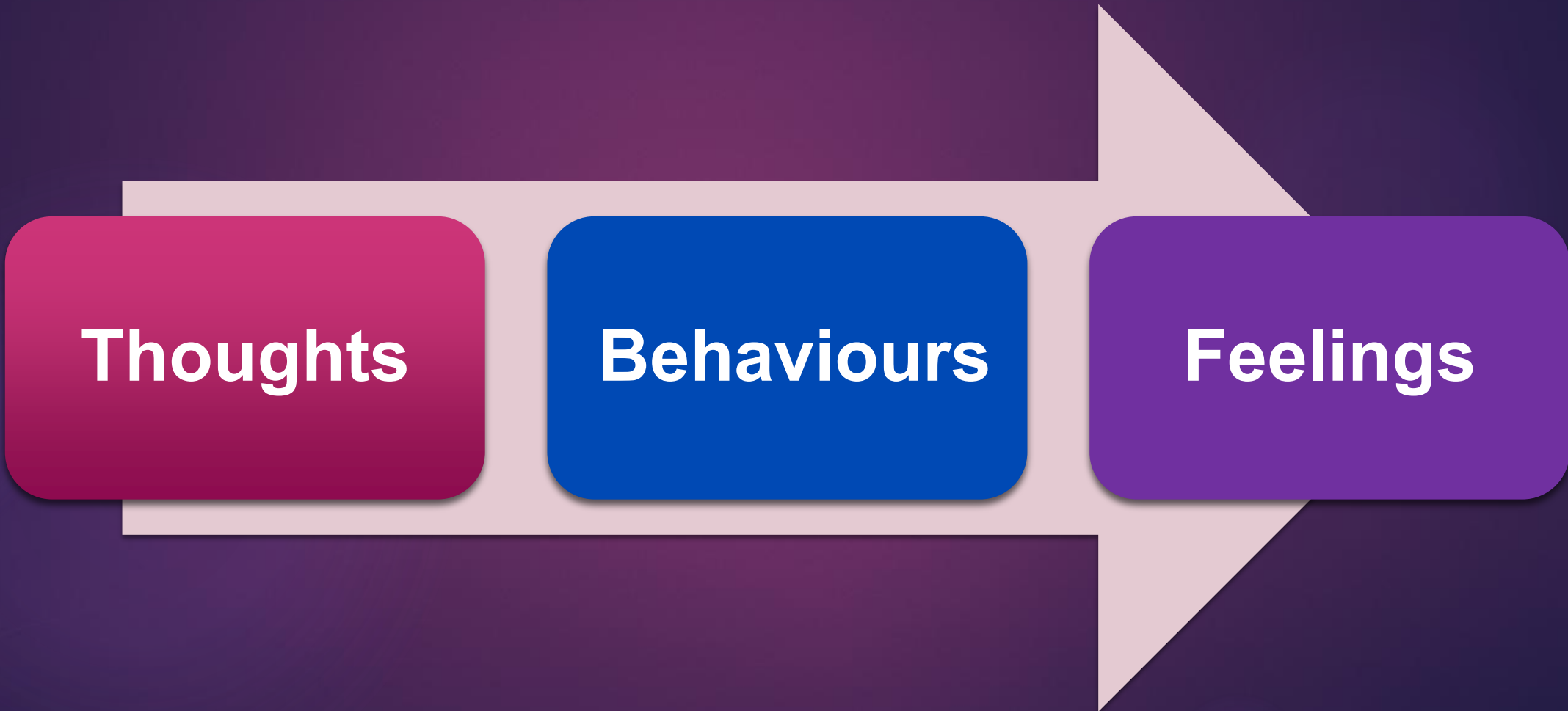


Who am I to do this?

▶ Imposter syndrome



Change your thoughts and actions first



Thoughts

Behaviours

Feelings

Change your thoughts....

1

**“I have
imposter
syndrome”**

**“This is an
imposter
moment
(and it will pass)”**

Change your thoughts....

2

**“I’m not
confident =
I’m not
competent”**

**“This is
normal”**

Change your thoughts....

3

**“I don’t know
what I’m
doing”**

**“I don’t know
what I’m
doing yet”**

Change your thoughts....

4

**“It needs to
be perfect”**

**“Good enough
is good
enough”**

Change your thoughts....

6

**“I don’t
deserve to
be here”**

**“It’s not just
about me”**

Change your thoughts....

5

“Why me?”

**“Why not
me?”**

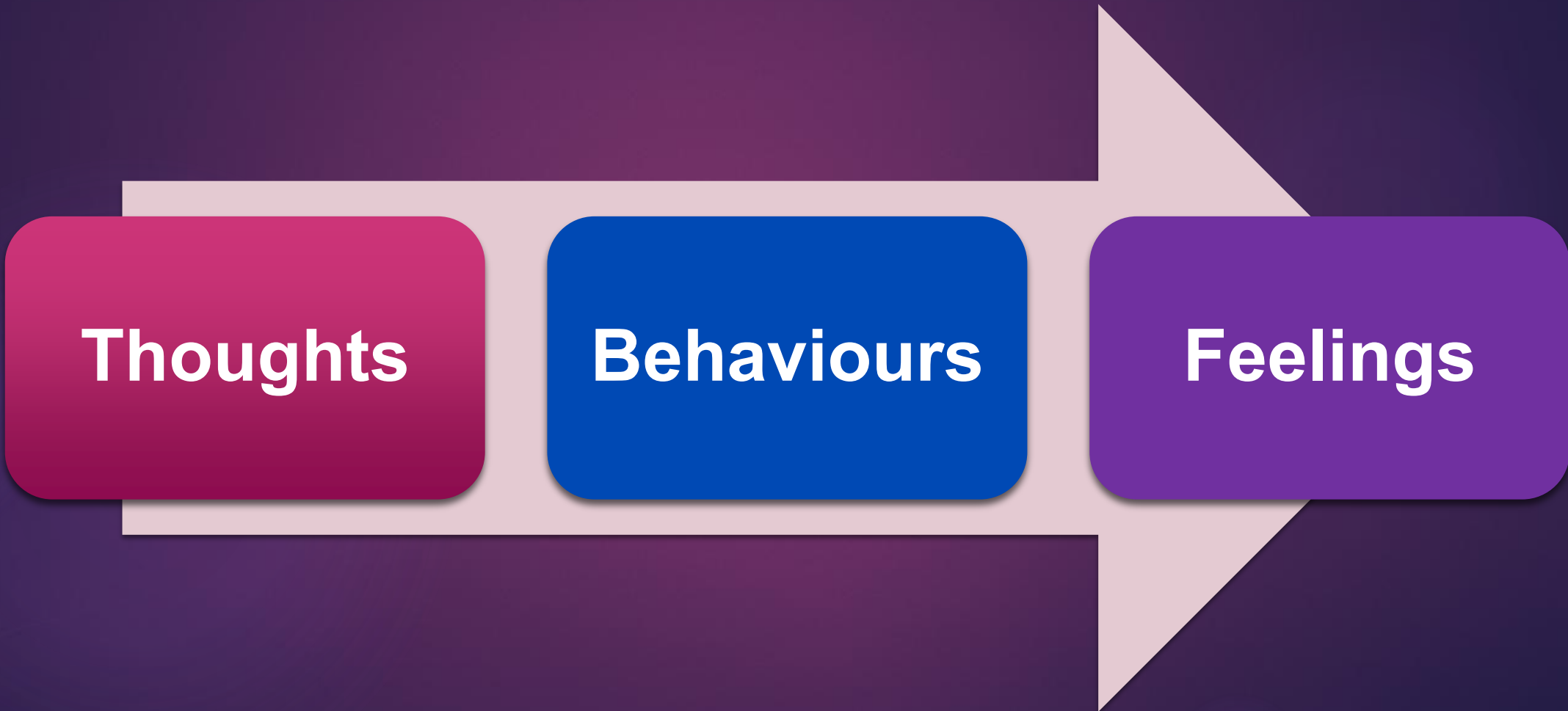
Change your thoughts...

Replace	With
I have imposter syndrome	<i>This is an imposter moment</i>
I am not confident, so I am not competent	<i>This is normal</i>
I don't know what I'm doing	<i>I don't know what I'm doing- yet</i>
It needs to be perfect	<i>Good enough is good enough</i>
I don't deserve to be here	<i>It's not just about me</i>
Why me?	<i>Why not me?</i>

Breakout discussion

1. Share an **imposter moment** with a colleague
2. Which one of these **thoughts** resonates the most?
3. How can you **reframe** it?

Change your thoughts and actions first



Thoughts

Behaviours

Feelings

Four strategies

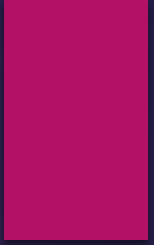
1. **BELIEF-** cheerleader

2. **BEFORE-** evidence

3. **BIG REGRET**

4. **BIGGER PICTURE**

▶ “What difference could I make if fear was not a factor here?”



**“What difference
could I make if fear
was not a factor
here?”**

Discussion

- Which one is the **most powerful** for me?
- How could I **use it** with myself/trainees/colleagues?
 - Or have you learnt of anything else that helps?

1. **BELIEF**- cheerleader

2. **BEFORE**- evidence

3. **BIG REGRET**

4. **BIGGER PICTURE**

THE SECRET THOUGHTS OF SUCCESSFUL WOMEN

Valerie Young is to impostor syndrome what Brené Brown is to vulnerability.

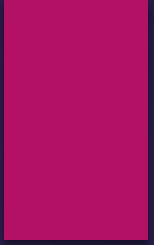
—Mark Leruste, founder of The Unconventionalists

And Men: Why Capable People Suffer from Impostor Syndrome and How to Thrive in Spite of It

VALERIE YOUNG, ED.D.

Humble realist

- ▶ hold themselves to **realistic standards of competence**
- ▶ have a **healthy response to failure**, mistakes, and constructive “criticism”
- ▶ expect to experience self-doubt and fear – **but keep going regardless**

A solid pink rectangular bar is located in the top right corner of the image.

**“DON’T SHRINK.
DON’T PUFF UP.
STAND ON
YOUR SACRED
GROUND.”**

BRENÉ BROWN

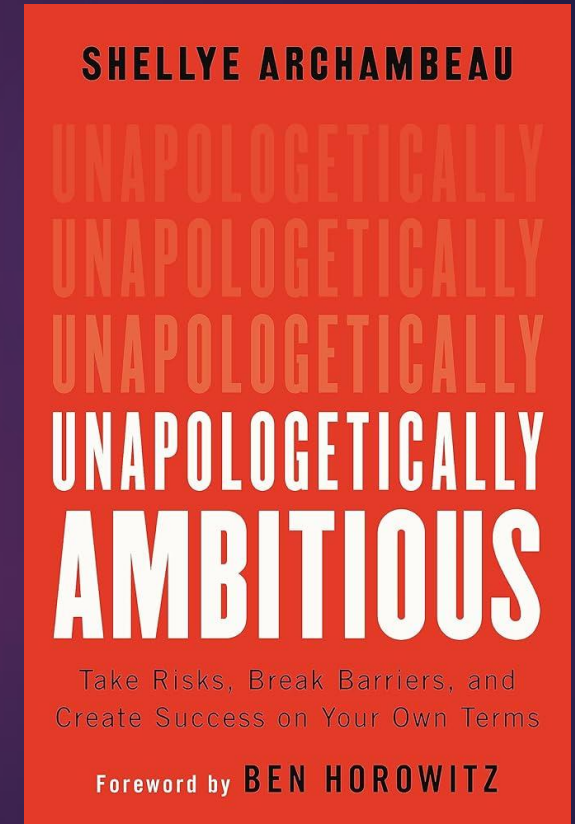
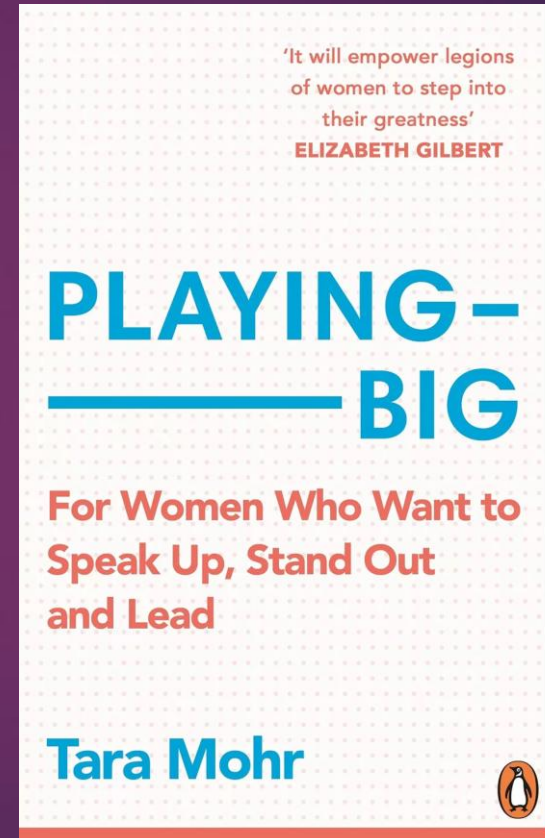
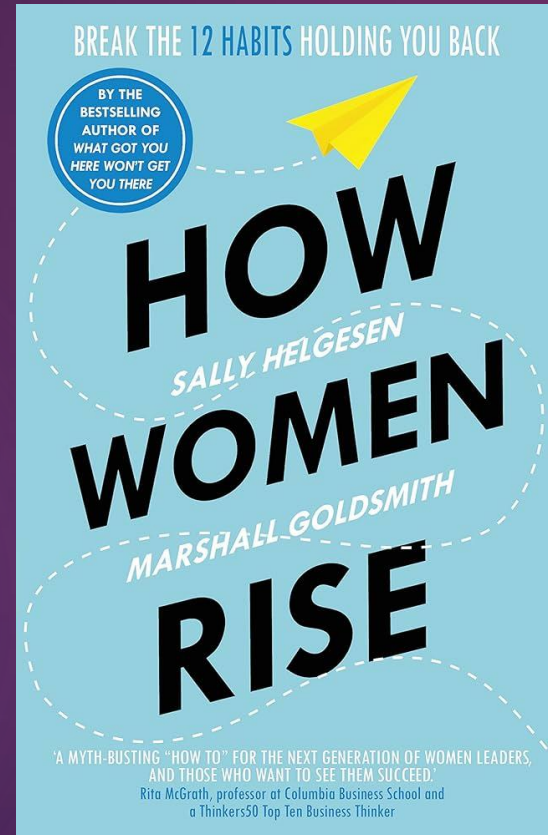
Books

THE SECRET OF SUCCESSFUL WOMEN

VALERIE YOUNG, Ed.D.

"Valerie Young is to impostor syndrome what Brené Brown is to vulnerability."
—Mark Leruste, founder of *The Unconventionalists*

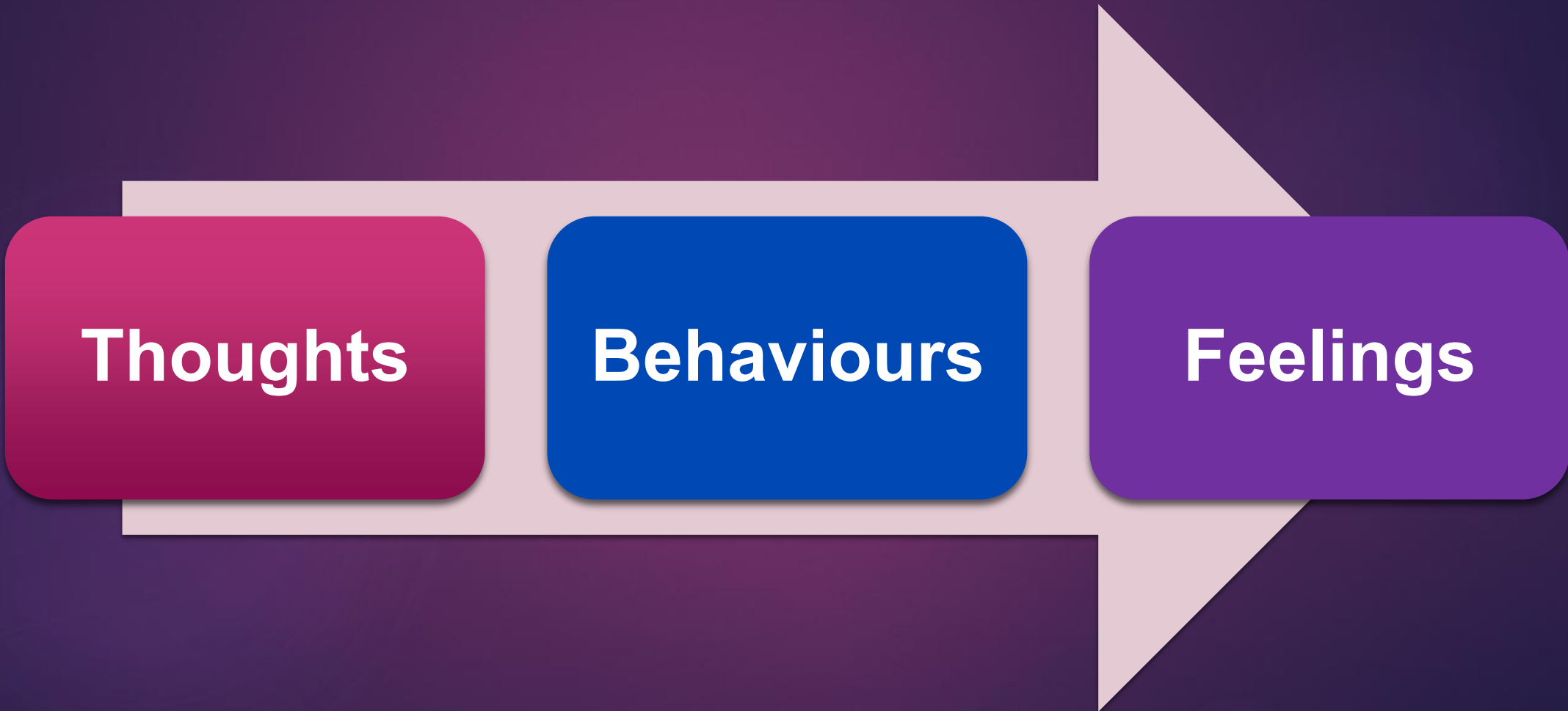
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<https://bit.ly/NextGenCast>

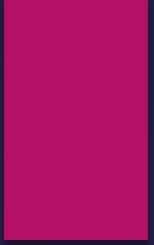
Change your thoughts and actions first



Thoughts

Behaviours

Feelings



Keep going regardless

- @nextggp/@nishmanek  
- Nextgenerationgp.co.uk
- The Next GenCast
- Bit.ly/NGGPbulletin