

STOP FEELING LIKE A FRAUD IN YOUR WORK

5 TIPS TO KILL
IMPOSTER SYNDROME


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Feeling like a fraud at work is a serious energy drainer. It takes up valuable mental space and sucks the joy out of work that could be exciting.

It's a horrible feeling and guess what, it's likely total B.S.

It is not serving you. It's not helping. Let's start to kill it using these five mindset practices so you can maximise your success at work!

● 1. Ask yourself, who gives me permission to do this work?

What if you decided to give yourself permission rather than die waiting, especially as a woman, woman of colour, or female identifying person.

Old thought: I don't belong here; I need more qualifications, experience, respect, praise or positive feedback.

New thought: I belong wherever I need OR want to be.

● 2. Understand the context.

You might not feel quite right in the position you're in because women have not been in these positions historically. You are adding to essential social change being present and doing your work. It's okay to feel uncomfortable for a while; it doesn't mean you're not up to the task. You belong in that room, at that table, with that job title.



● 3. You are enough.

It's easy to forget that you have your role for a reason. The powers that be believed you could do it. Women typically have to work x 2 -10 harder than men to get promoted into positions. You are enough. In fact, you are 2-10 x more than enough!

● 4. Screw ready.

Don't tell me that you'll wait to feel ready. That day will come 10 years too late. Screw ready! Give yourself permission to stretch and grow in your role. How boring would it be if you got a job you can already do?

● 5. Channel a mediocre middle class white man.

When all else fails, think of what the average middle class white man would think/do. I can guarantee that he wouldn't be sweating the small stuff so much. If you have one handy, ask his opinion. I dare say he'd encourage you to 'just do it' and 'not worry'.

ABOUT LARA

I work with smart, ambitious women like you who want to excel in work they are passionate and excited about. The problem is that right now, you are bored or overwhelmed at work. You dread each day so much that you have to give yourself pep-talks to get through it.



You have so much to offer, you should be dancing to work in the morning, not feeling drained, annoyed and stressed out. Instead, you are exhausted and end up in a netflix coma each night to escape your day.

Dr Lara Corr's unique career coaching will get you happy at work, on your right path and clear about your next career steps so that you can enjoy a fulfilling career and make the impact you crave.

Click [HERE](#) to learn more.

Nice things people say about working with Lara...

"Lara could pinpoint my struggles and show new ways to look at a situation as well as way to deal with or challenge my fears. We could achieve what I asked of her as well as so much more..." - Karen Cooper, W.A.

"Through my work with Lara I've gone from not having any idea about what I wanted to do next in my career to having explored a creative business idea and then identifying how I could move into a new area of professional employment by pivoting on my existing skillset. Lara has helped me to identify and work through issues and challenges within myself, offering thought processes and action steps that have allowed me to move forward with openness and excitement rather than criticism and self-doubt. I'm so grateful to Lara for the compassionate, enthusiastic and inspiring way she has guided me through a time of major change and transition in my life." - Fleur

"I can confidently say that coaching with Lara has been the best money I have ever spent. It's like I was living in black and white and now I'm living in full colour. For once, I feel like I'm actually in control of my own life and excited by the possibilities that brings!" - Louise, Canberra.