

FIND YOUR TALENTED STRANGER WITHIN



*How the Imposter syndrome
can prevent us from seeing our own value and
making our unique valuable contribution at
work and in life!*

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How is life going for you right now?



Sometimes life's circumstances cause us to question who we are, what we're doing and what life is all about.

This typically occurs when something in our external environment interrupts the pattern of our life ... such as a pandemic in 2020.

We wind up asking ourselves critical questions such as:

- Are you feeling truly satisfied and fulfilled with your life?
- Do you feel that you're fulfilling your potential?
- Is there a dream you have inside that's simply not progressing?
- Am I where I thought I would be at this stage of my life?

Even more importantly, if not, why not?

Our mindset determines our life experiences



You may believe that life comes at you, that things happen to you. On one level, that is true. It can seem that you're an innocent bystander, that life is kind or not, that opportunities are given to you, or you miss out.

The truth is that your mindset is 80-85% responsible for your success in anything you seek to achieve.

Our mindset is something we have control over!

As Henry Ford said "Whether you think you can, or think you can't, you're right."

Our mindset influences the way we see the world and other people. It determines how we see ourselves, our value, our intelligence, our qualities.

You may have heard of the Imposter Syndrome. It's a term that describes the feeling of not being good enough, no matter what we do or how many successes we have under our belt.

Typically, when we feel we aren't good enough, we can fail to see or fail to value our strengths, capabilities, skills, experiences and qualities as well as the successes we contribute to.

Let me introduce your Talented Stranger Within

The term 'talented stranger' refers to the disconnect we experience when we can't see the value we bring to the 'table'.

Others see our potential which is why we may get opportunities we don't think we qualify for or deserve.

Each one of us has a unique combination of skills, capabilities, talents, qualities, experiences and successes. No-one else does what we do in the same way.

Until we meet and befriend our talented stranger within, it's likely we'll experience the mismatch between how we see ourselves and how others do.

We can't live up to potential we're unable to see.



What is Imposter Syndrome?

The term was coined in the late 1970's to describe an irrational fear of failure in high performing PhD and Masters students.

Research has consistently identified symptoms such as

- feeling like a fake or fraud (particularly if we've been given an opportunity we didn't think we deserved and were waiting to be outed)
- focussing on our weaknesses and failures, not our strengths and successes
- believing if we were successful, that success was due to good luck or someone's mistakenly positive belief about us
- having achieved undeniable success by any objective measure and worrying about how they're going to pull the rabbit out of the hat again.

70% of the population experience the feeling of not being good enough at some stage in their career. 33% experience it chronically - meaning it's like a pair of glasses they look at themselves and the world through.

The feeling of not being good enough is not constant. It lies dormant until something in our external environment triggers personal uncertainty. Perhaps a pandemic???

We then react to reduce the personal discomfort of feeling vulnerable and out of control.



Imposter Syndrome is simply a habit



It's a term that can feel quite confronting. It simply refers to the feeling of not being good enough.

It's a deep-seated habit ... an habitual belief that leads to a feeling of uncertainty, self-doubt and fear.

It becomes a self-fulfilling prophecy.

We start off feeling we're not good enough - often because we're driven by perfection and/or comparing ourselves to others (our worst to their best). We form the belief that we're not good enough. We expect that will be the case and behave accordingly. Our behaviour leads directly to the results we were expecting and they reinforce the belief that we aren't good enough.

Any habit can be changed.

You pay a high price for believing you're not good enough!

Here are some of the typical price tags for this feeling. You ...

- experience higher levels of stress, worrying about others figuring out you're not good enough
- don't put self forward for opportunities
- fail to celebrate achievements
- look for the shortcomings rather than the talents and successes
- don't contribute to the extent of your own potential
- find it difficult to actively participate in the 'storming' phase of team development, hampering its high performance
- may sabotage opportunities
- Find it harder to engage with others
- may find it difficult to handle conflict and may interpret disagreement as conflict.
- don't put ideas forward in problem solving or innovation sessions for fear of judgement and rejection
- may micro-manage others if you have a team
- are likely to feel competitive rather than collaborative
- can find it challenging to make a decision and stick to it
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All of which get in the way of you performing to your potential.

And prevent you from activating Universal Laws such as the Law of Attraction.

Have you paid enough yet?



How do you move past this feeling of not being good enough?

Here's how you start.

1. Become aware of what you're experiencing – the feeling of not being good enough – and what triggered that experience
2. Question why that situation would derail you
3. Dismantle limiting beliefs
4. Challenge perfection as a measure of worth
5. Let go of judgement and start exploring possibilities
6. Find your Purpose - the reason you do what you do; your legacy and the difference only you can make with your unique combination of talents, capabilities and qualities.
7. Pay attention to your emotional vibration and find positives around you to lift it.

These are just a few of the steps involved in dismantling the grip that the Imposter Syndrome can have on you and your business or career.

Are you ready to make the difference you're so capable of?



What makes me an 'expert'?



As soon as my career hit a senior level, I experienced the Imposter Syndrome. I didn't know what was really going on.

I walked away from a Director role because I thought I'd fooled the people who appointed me. They really believed I could do this job!

I started up on my own and became an accidental serial entrepreneur. First, personal branding, then culture, values, Purpose, educational networking. The list goes on.

Each time I got close to success, I'd sabotage it in some way. Crazy, right!?

Only with the benefit of hindsight did I realise I was experiencing the Imposter Syndrome.

I worked my way through my own limiting mindset, documenting my processes along the way. Working out the most effective strategies to shift my limiting mindset to one of Self-worth, self-confidence and purpose. Since then I've been helping others address mindset barriers that hold them back. Then they're free to recognise their own possibilities and create the future they dream of.

I now speak on the power of mindset, develop and deliver workshops, coach Executives and write books helping people understand the significant opportunity they have to create the future they want.

If you would like to check whether the Imposter Syndrome is holding you back, start with answering 10 Questions ["Have you experienced feeling like an imposter"](#). Once you know whether that's an often or frequent occurrence, you can check out how that impacts your Confidence (on the same page) and start your journey to release its' clutches.

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