

I STILL CAN'T BELIEVE THEY'RE LETTING ME DO THIS!

THEY'RE TOTALLY ON TO ME

IT'S ONLY A MATTER OF TIME TILL THEY FIND ME OUT.

I REALLY DON'T BELONG HERE



Jaarvergadering 2015
& Cultuur



Hello, I'm Joep
I'm a Pathfinder at

Hallo **World!**
JUMBO



DAY 5

vmware®
CERTIFIED

DESIGN
EXPERT

Tech
Field Day

THEY SUSPECT NOTHING



world®

Joep Piscaer
@jpiscaer
#DockerCon



theCUBE®

Your Submission Status for KubeCon + CloudNativeCon North America 2018

CNCF Content Team
to me
22:23 [View details](#)

1

Hello Joep Piscaer,

We are writing to notify you that your submission for [KubeCon + CloudNativeCon North America](#), **Come listen to me, I'm a fraud! A story on success and impostor syndrome**, has regrettably not been accepted.

Kind Regards,

The KubeCon + CloudNativeCon Content Team

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[Hide quoted text](#)

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How not to disappoint an impostor...



-  PEOPLE WHO GET IMPOSTER SYNDROME
-  OTHER PEOPLE WHO GET IMPOSTER SYNDROME
-  LITERALLY EVERYONE ELSE (THEY ALSO GET IMPOSTER SYNDROME)

EVERYONE FEELS LIKE AN IMPOSTER
SOMETIMES, AND THAT'S OKAY

*Other people feel like this, too. And apparently,
it doesn't go away with more success.*

Mike Cannon-Brookes , Atlassian





Do you tend to chalk your accomplishments up luck or timing?



Do you hate making a mistake, being less than fully prepared or not doing things perfectly?



Do you fear feedback?

Are you crushed by even constructive criticism?



WHAT WOULD YOU SAY

Do you live in fear of
being found out,
discovered or fired?

YOU DO HERE?

WELCOME TO
THE CLUB

The *incorrect* assessment of ones' abilities compared to peers
the inability to internalize accomplishments
the notion that others are more accomplished than you.

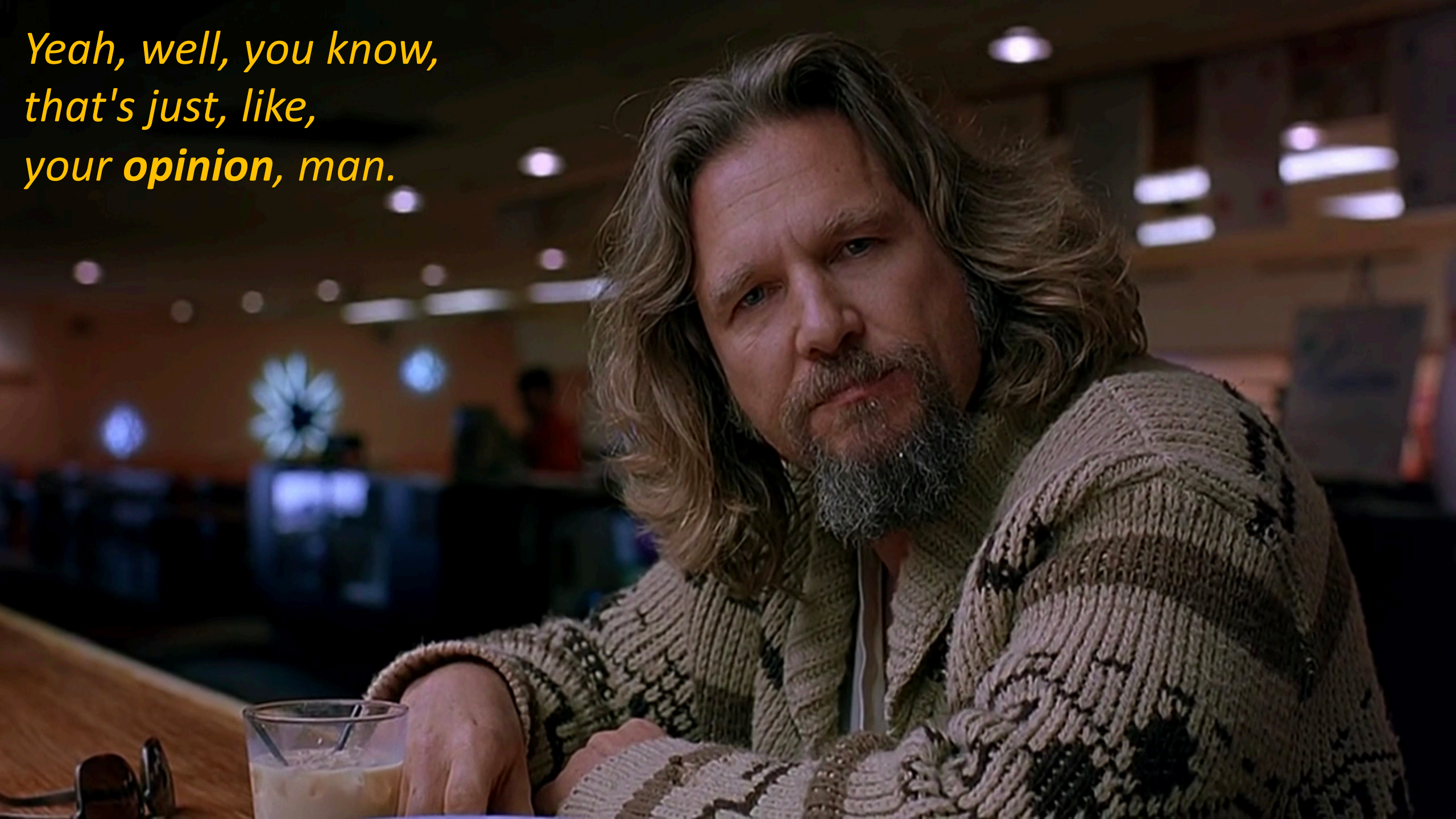
Your internal measuring stick is broken.

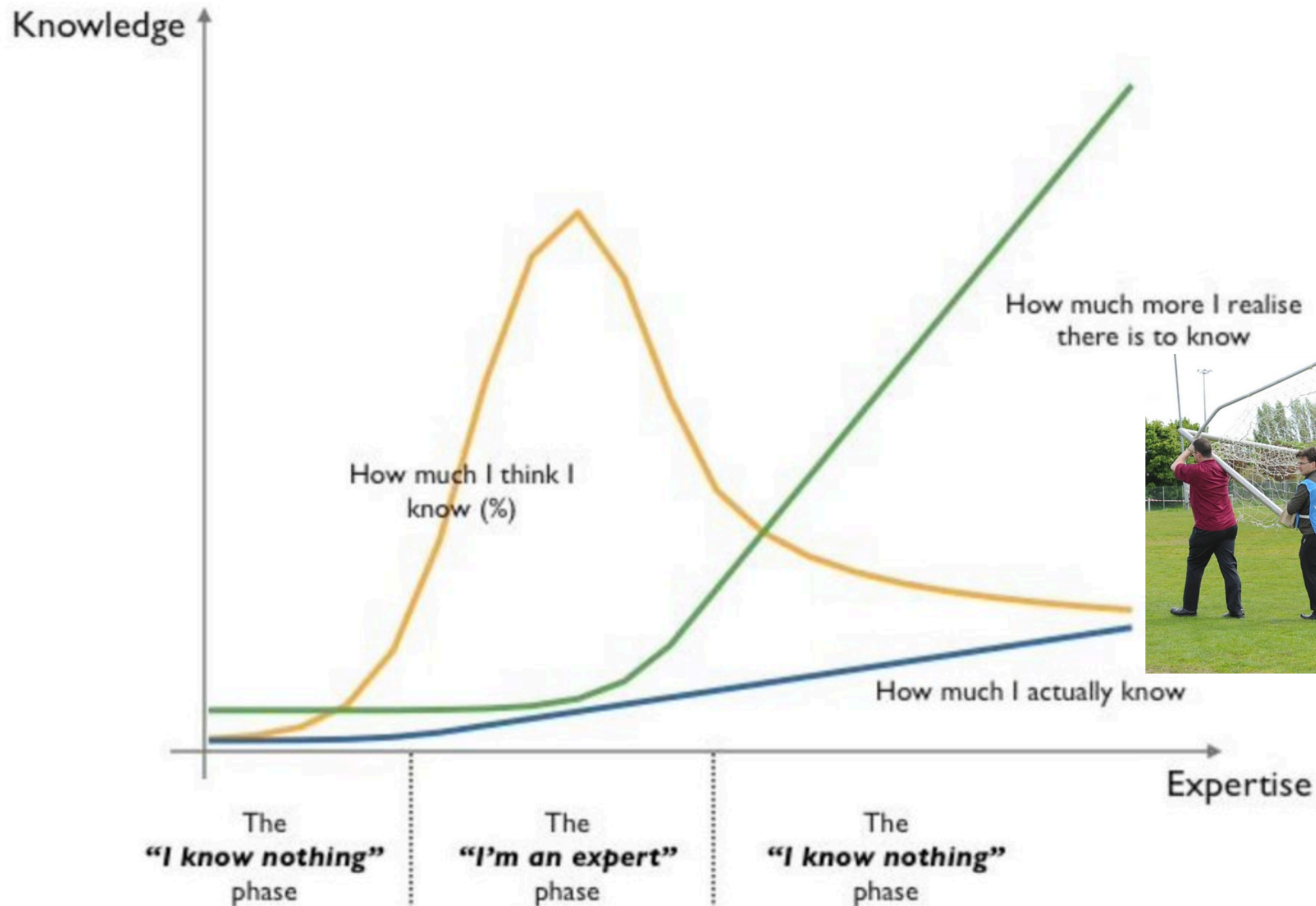
Pluralistic Ignorance



Doubting yourself privately, believing you are alone in thinking that way because no-one voices their doubts

*Yeah, well, you know,
that's just, like,
your **opinion**, man.*

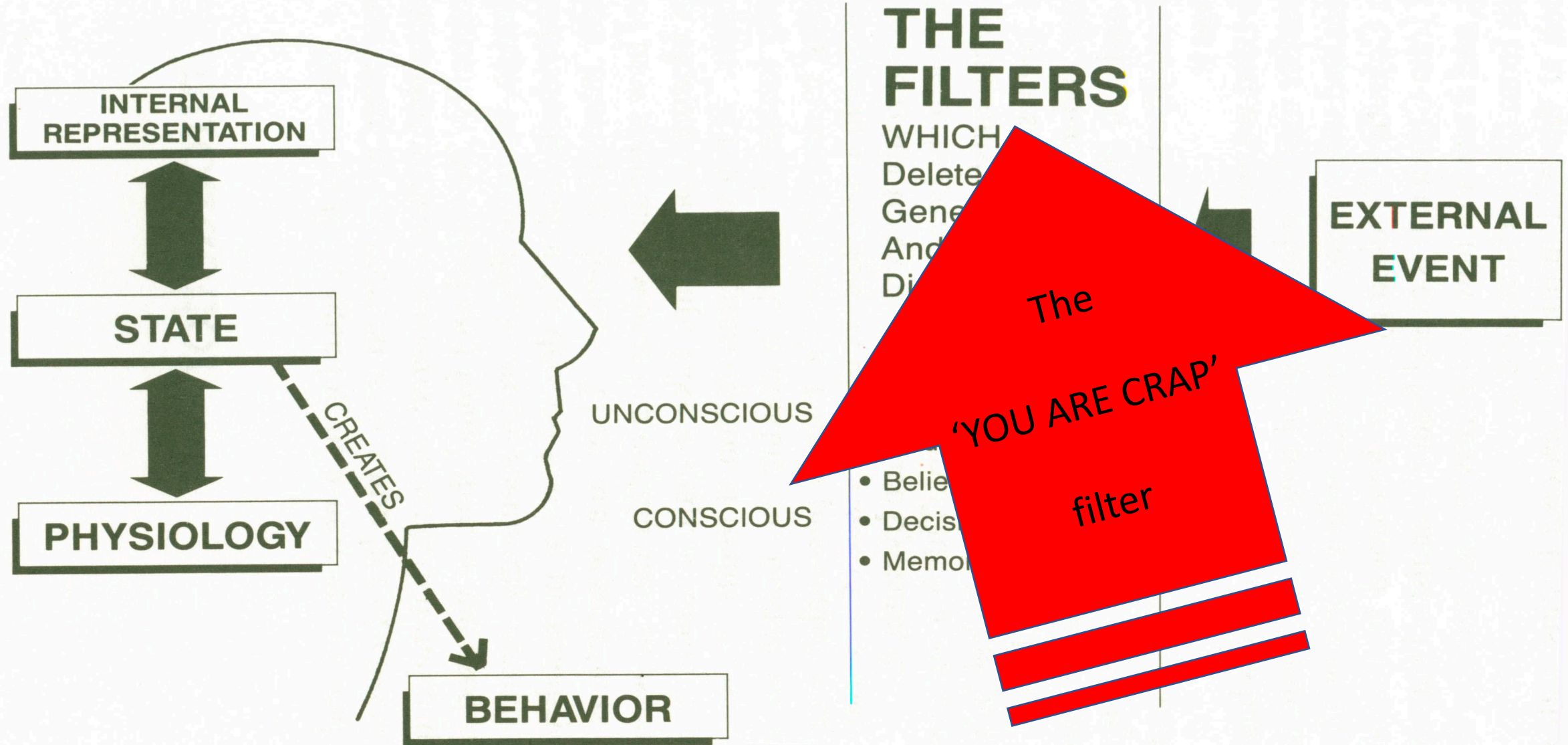






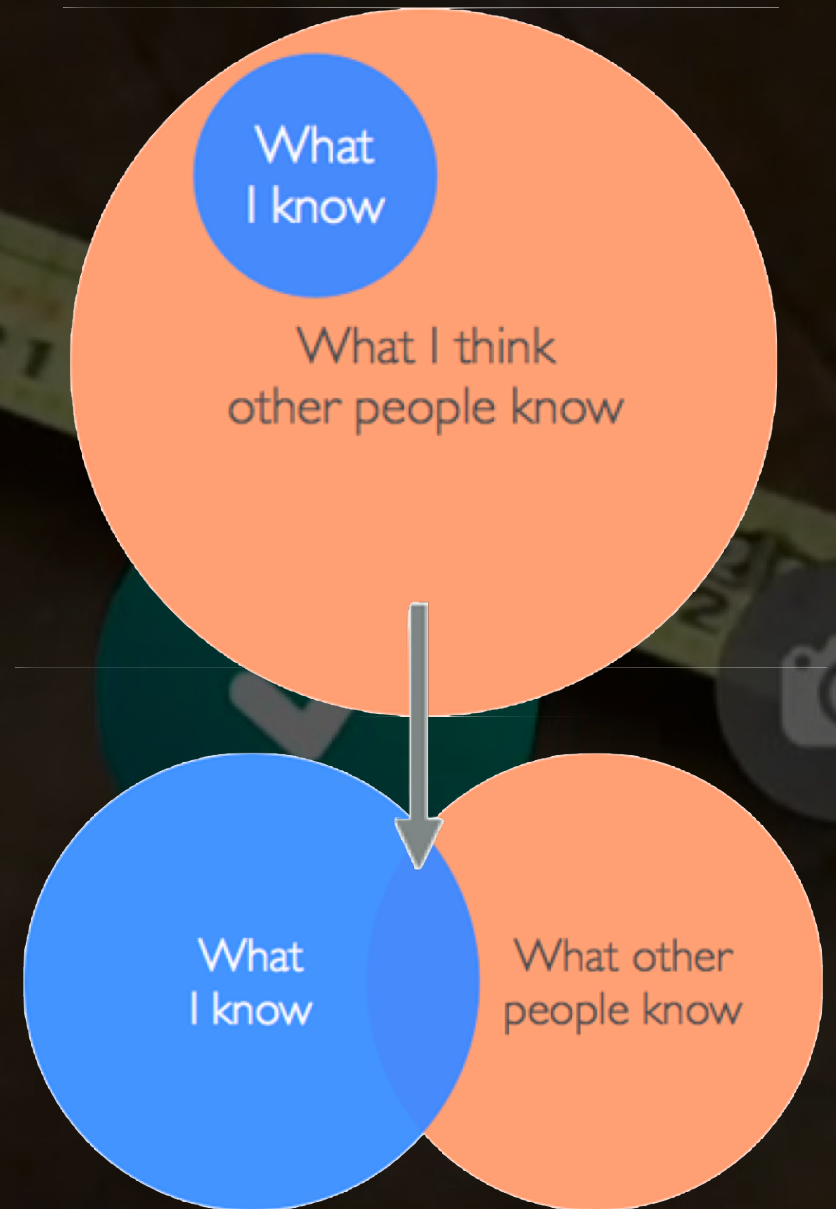
↑
You are here
(Can't see the struggle)

NLP Communication Model



Recalibrate your internal ruler

And work your way up to the end boss

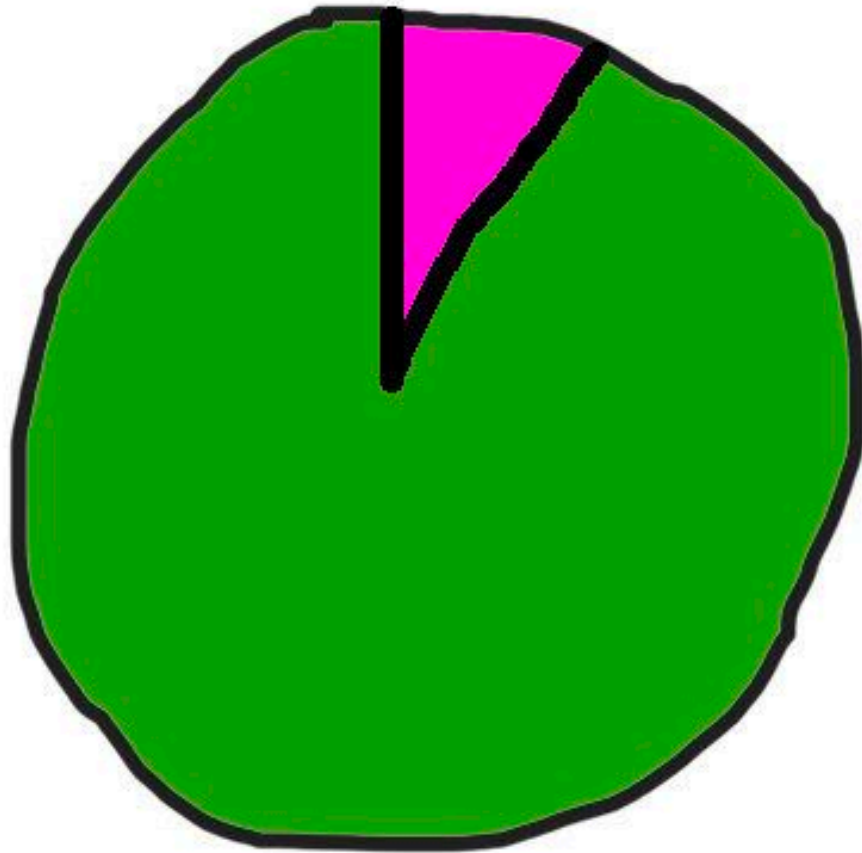




Nothing Compares 2 U

**“I will not
compare myself
to strangers on
the Internet.”**

Learn how to receive compliments



Write compliments and accomplishments down.
Look at the list regularly



Brag about one or two occasionally

PLEASE TAKE A COMPLIMENT

I LIKE YOUR HAIR

YOUR SMILE IS NICE

YOUR SHOES ARE GREAT

I LOVE YOUR EYES

YOU HAVE A GREAT BUM

YOU ARE WONDERFUL

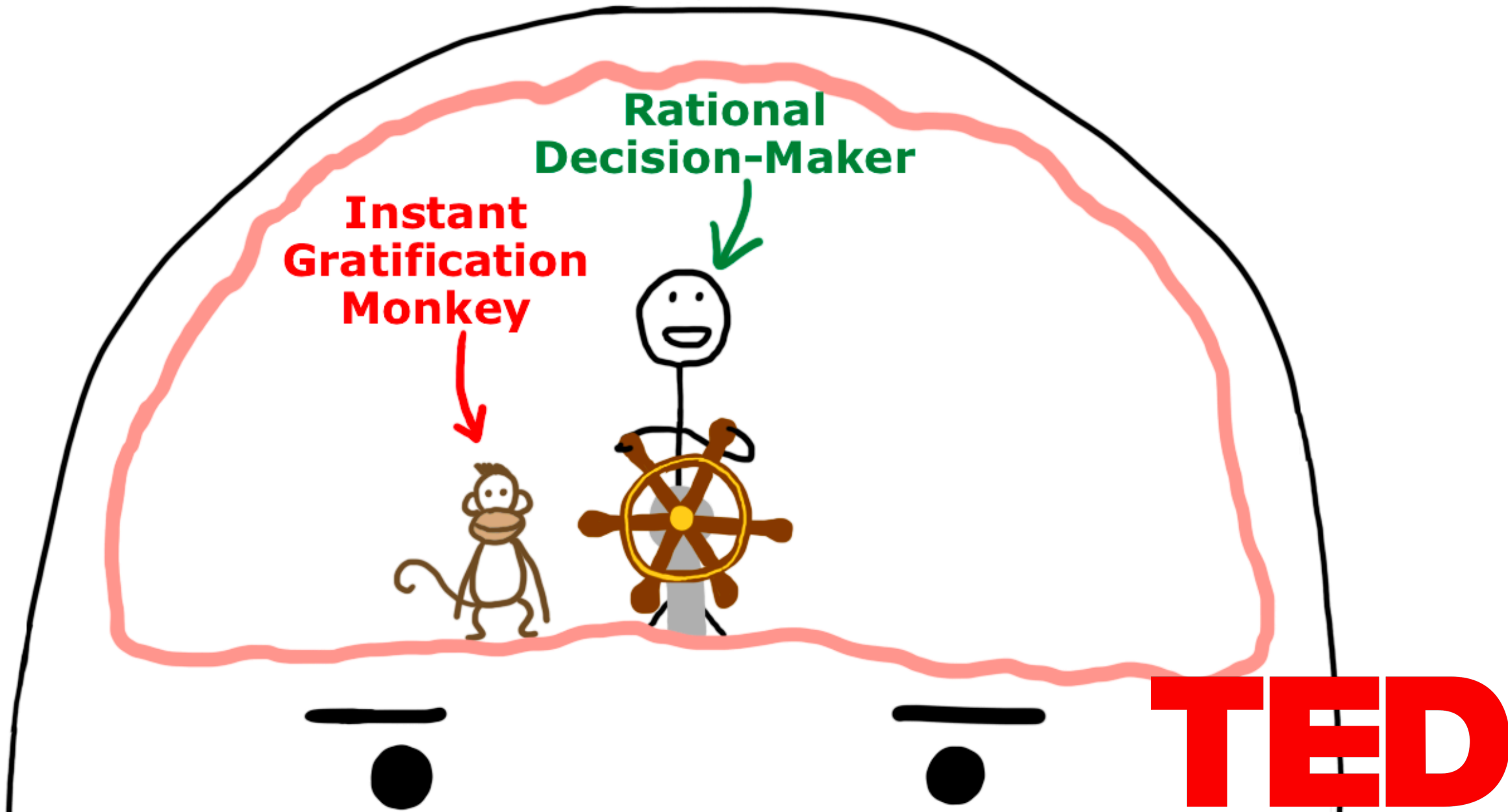
HAVE YOU BEEN WORKING OUT?

I LIKE YOUR SHOES

YOU SHOULD BE A MODEL

YOU ARE GORGEOUS


Procrastinator's Brain





Learn how others make their sausage
And let others learn from you

Pair Programming
Pair Review (not peer)
Celebrate your failure
Speak publicly



Trust.
You are not alone.
Talk about it.

Talking about your Impostor Syndrome

- ✓ Makes yourself at ease and validates your ruler
- ✓ Helps remove the doubt.
- ✓ Helps others with Impostor Syndrome


Also

- ✓ Do public speaking. No matter how big or small
- ✓ Don't hide behind the curtains at social events
- ✓ Have an opinion, participate in conversation
- ✓ Talk about your work, passion, interest
- ✓ Ask questions and advice





How To Identify Your Limiting Beliefs

A woman with short blonde hair, wearing a denim jacket, is smiling and speaking on a stage. She is gesturing with her hands.

Vulnerability is our most
accurate measurement of **courage.**

- Brené Brown



TED

Thank you

Compliments appreciated

TED Talks:

- Imposter Syndrome
Mike Cannon-Brookes
- Inside the Mind of
a Master Procrastinator
Tim Urban
- The power of
vulnerability Brené Brown

