Workplace Strategies for Mental Health

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E-learning module

Self-doubt and impostor syndrome

Many people feel self-doubt from time to time, or what's called "impostor syndrome." Maybe you feel you don't deserve praise or that you're not really good enough to be in your role. It's okay to be humble and realistic about our skillsets, but expecting perfection from ourselves can lead to impostor syndrome.

For some, this feeling of self-doubt comes and goes quickly, but for others, it can be a persistent feeling despite their actual skills and accomplishments.

Impostor syndrome can stop you from trying new things, hurt your relationships, and cause stress. The good news is that if you notice the signs, identify your triggers and take action, it can help you let go of impostor syndrome.



Notice

Thoughts of self-doubt



Identify

What triggers self-doubt



Take action

Challenge your self-doubt

Learn more about self-doubt and impostor syndrome

Self-doubt and impostor syndrome
clwsmh.com/impostor-syndrome

Tame your self-talk
clwsmh.com/self-talk

All Workplace Strategies resources are available to anyone at no cost, compliments of Canada Life. To learn more, visit clwsmh.com.

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