

5 tips to tackle imposter syndrome

Tip 1

Talk to a friend

Most people experience feelings of self-doubt

Talking about it helps

Tip 2

Remind yourself of how good you are!

You have already come so far – there is a reason for that!

Reflect on your achievements

Tip 3

Join social groups

Meet new people and opportunities to share your feelings

Tip 4

Visualise success

Keep in mind what you are working towards to stay focused

Tip 5

Celebrate your failings

Not everything will go according to plan

Ask yourself what you can learn from your failings