

Jumping Into The Deep:

Imposter Syndrome, Defining Success, and the New Librarian

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THOUGHTS YOU HAVE ON THE FIRST DAY OF A NEW JOB:



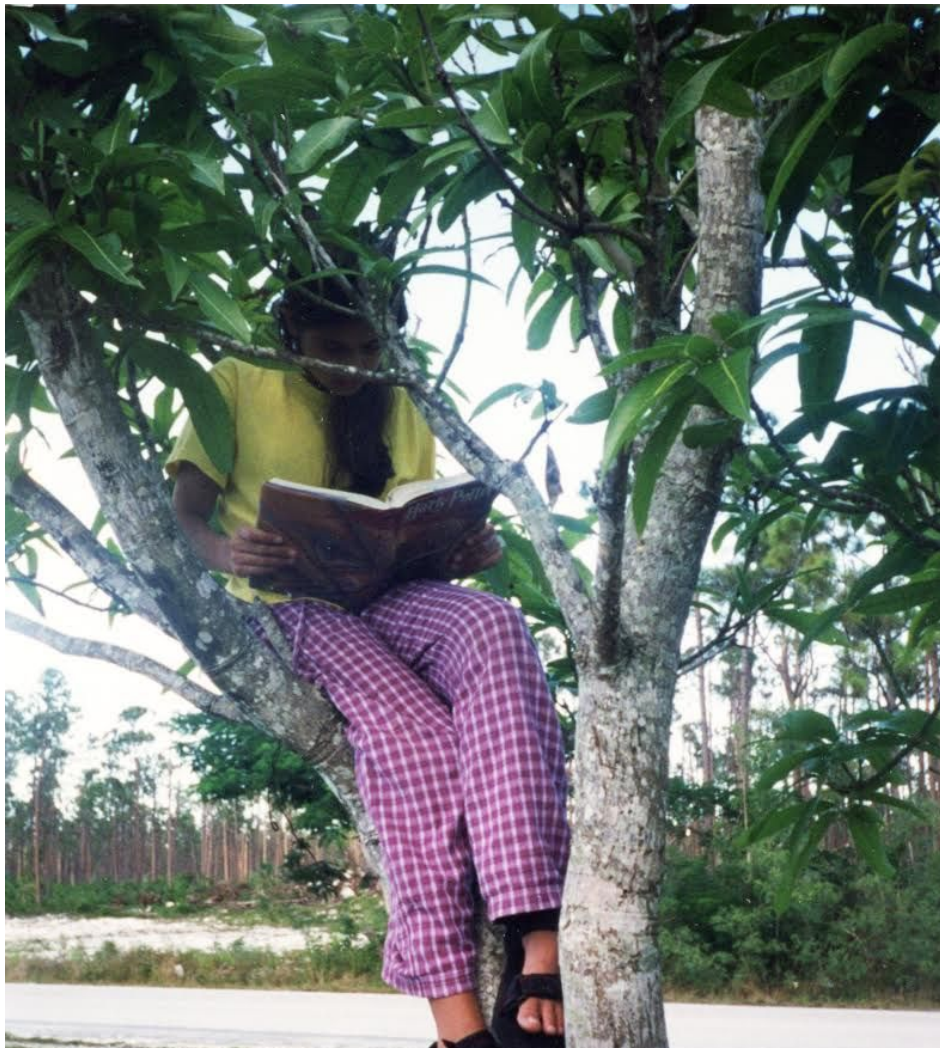
- MY BOSS IS GOING TO REALIZE I WAS A HUGE MISTAKE.
- MY BOSS IS GOING TO REALIZE I WAS A HUGE MISTAKE.

Kristin Chirico/BuzzFeed



the gist of the literature

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Sajni

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Melanie



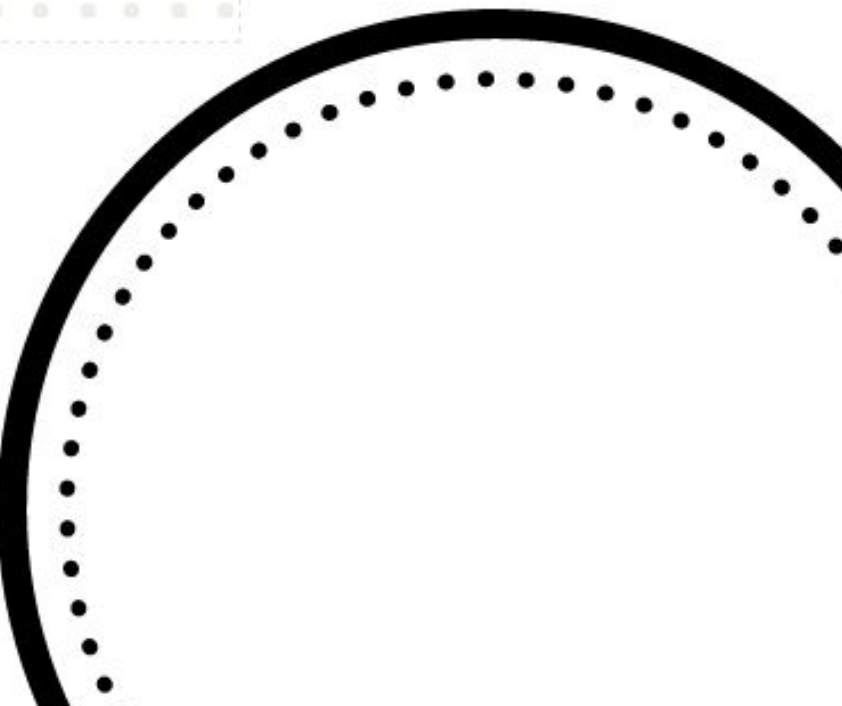
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Activity #1

What has been your
experience?

Imposter Syndrome

Activity #1



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share

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Activity #2

What has helped you feel better?

Supports | Professional Development

What has made you feel worse?

Environment | Expectations



Discuss with your neighbour.

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How can we begin to reframe?

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A Wonder Woman action figure stands against a blurred background of a building and sky. She has black hair, a yellow headband with a red star, and a yellow and red bodice with a yellow star. Her blue skirt features white stars. She wears blue cuffs on her wrists.

Visualize Your Success

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What does success look like?



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for us?

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Activity #3

What does success look like to
you?



What does success
look like to you?

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Activity #4

Make a plan.

the master plan

what are your big goals? Think Big!

WHAT ARE YOUR PRIORITIES?



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Success Log



Activity #5 Moving Forward

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Taking a compliment

Seeking support

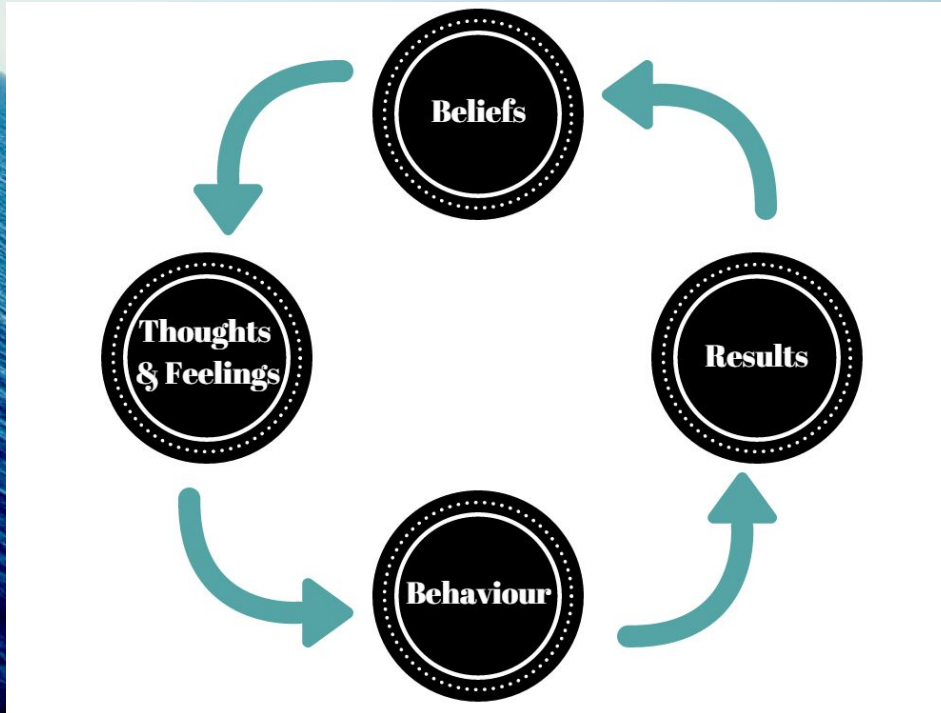


wrapping it up



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Affirmations



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