5 Ways to Manage the Imposter Voice

LEAD & RESOLVE
COACHING & MEDIATION

RECOGNISE IT

Notice when imposter thoughts appear - after praise, before presenting, or when comparing yourself to others.

Awareness gives you the power to choose how you respond.

REFRAME IT

Catch your inner dialogue.

"I'm not ready" → "I'm learning."

"I got lucky" → "I worked hard for that."

Confidence isn't certainty; it's action in spite of doubt.

RECORD IT

Keep a log of your wins - big or small.

Remind yourself regularly of the evidence that you're capable and growing.

Over time, you'll train your brain to focus on facts, not fears.

REACH OUT

Talk about it.
Share your thoughts with a trusted colleague, mentor, or coach.
When you speak it aloud, the feeling loses its power, and connection builds confidence.

RESET PERSPECTIVE

Growth always feels uncomfortable.

Doubt doesn't mean you're failing.

It means you're stretching into something new.

Small mindset shifts can create lasting change. If you'd like to go deeper, coaching can help you rediscover your confidence.

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