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Speaker

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Will You Ever Be Good Enough?

BY MARCIA REYNOLDS, PsyD, CSP

One of the greatest challenges you will face is to recognize you are good at what you do.

Most people suffer from some form of impostor syndrome every time they step out of their comfort zone. When writing your book or before you step onstage, do you worry that people will question your expertise? Maybe they have heard this all before and you won't provide anything new. Whether you suffer from passing jitters or you live with the fear of being seen as irrelevant, you experience some form of impostor syndrome.

I live with an *impostor syndrome*, regularly overworking to prove myself. My brain research has helped me keep going despite my fears.

A *syndrome* means there is a recurrent pattern of thinking that is destructive. However, your brain developed this pattern not to harm you, but to keep you from failure and ridicule. The brain's most important job is to keep you safe and healthy. It wants you to avoid anything that feels dangerous or upsets your bodily functions.



MARCIA REYNOLDS, PsyD, CSP, is an expert on how to outsmart your brain and help others transform their thinking through coaching. She has four award-winning books, has taught in 41 countries, and has reached thousands more online. Read more at Covisioning.com.

OUTSMART YOUR BRAIN TO QUIET YOUR FEAR OF FAILURE

Like many other speakers, you have to manage your overprotective brain. You may try too hard to be perfect, fearing any mistake will reveal you aren't good enough. Even if your speech was flawless, you remember seeing the one sour face in the crowd. You leave the room vowing to find another profession.

This pattern was imprinted when you were young. Your parents probably acknowledged you for what you did—schoolwork, sports, helping others—instead of who you are no matter what you do—courageous, smart, generous.

No matter how hard you tried, you never earned the acknowledgment you craved. You never learned how to appreciate yourself. You only saw what you lacked.

You can't make impostorism vanish. You need a mental crutch. Experts give tips such as focus on what you are learning, find the smiling faces in the room while ignoring those on their cell phones, and reframe your anxiety as enthusiasm.

I focus on my sense of purpose. Before I speak, I remind myself why I'm there and that if I make a difference for one person in the room, I have done a good job.

Your sense of purpose—what brings you joy in helping others—will give you the courage to rise out of the quicksand of unworthiness and doubt.

Whether you have a full-blown impostor syndrome or temporary fears when starting something new, remind yourself *why* you are making these choices and *who you are* at your core. Then keep going despite your fears.

