



LEADING WITH CONFIDENCE

FOUR STRATEGIES TO COMBAT IMPOSTER PHENOMENON

www.lakeyacherry.com



NICE TO
meet you!

Dr. Lakeya Cherry

LET'S BE FRIENDS



Hello. I'm Dr. Lakeya Cherry.

As an executive leadership coach, I am dedicated to the career growth and development of individuals, teams, and organizations.

I believe that when leaders are empowered to reach their fullest potential, they will be able to support those around them more effectively.

I would love to hear from you!





Imposter Phenomenon: What is it and how does it affect us as leaders?

Impostor Phenomenon, also known as Impostor Syndrome, is a psychological phenomenon where individuals doubt their own abilities and accomplishments, feeling like a fraud despite evidence of their competence.

Elements of Impostor Phenomenon:

- It manifests as persistent feelings of inadequacy, self-doubt, and fear of being exposed as a fraud
- People affected by it often attribute their success to luck, timing, or external factors rather than their own skills
- It's common among high-achievers, perfectionists, and those in competitive environments
- Leaders are particularly susceptible due to increased visibility and expectations
- Can lead to procrastination, over-preparation, and self-sabotage, affecting decision-making and team morale

Ways to Overcome Impostor Syndrome:

- Embrace vulnerability, acknowledging that it's okay to fail openly
- Encourage team members to share their challenges and learn from mistakes
- Keep a record of positive feedback and skills you've developed
- Connect with mentors who have faced similar feelings
- Focus on growth and learning rather than perfection

Sources: Psychology Today, "Impostor Syndrome" & Forbes: "15 Ways New Leaders Can Overcome Impostor Syndrome"

Four Daily Strategies to Overcome Imposter Phenomenon

**Do you feel like a fraud, despite your achievements and qualifications?
Do you doubt your abilities, fearing that others will expose you as an imposter?
Do you procrastinate or self-sabotage when making decisions?**

Implement these four practices into your daily routine. They will boost your confidence, provide clarity, and make way for more success!



List Your Achievements

List your achievements and objectively assess the skills brought you success. Take pride in your accomplishments.



Challenge Limiting Beliefs

Evaluate your self talk about the ways you measure results. Don't diminish your success because of self-limiting beliefs.



Embrace Your Strengths

Focus on your strengths instead of your weaknesses. Reflect on ways you can leverage your natural abilities more fully.



Talk to a Friend

Ask for support from friends, colleagues, or an executive coach. Ask them to help you reinforce the positive changes you are making.

Source: Center For Creative Leadership "How to Overcome Impostor Syndrome"

7 Daily Affirmations for Improving Your Self Confidence

01

"I am deserving of my success, and my achievements are a reflection of my hard work and dedication."

02

"I embrace challenges as opportunities to learn and grow, trusting in my ability to overcome obstacles."

03

"My unique qualities and experiences are valuable contributions, and I bring a distinct perspective to every situation."

04

"I acknowledge and celebrate my accomplishments, big and small, reinforcing my confidence in my abilities."

05

"I release the need for perfection, understanding that mistakes are a natural part of the learning process."

06

"I am not defined by the opinions of others; I trust in my skills, knowledge, and capacity to succeed."

07

"Every day, I am becoming more comfortable with the recognition and praise I receive, allowing myself to own my achievements."

ADDITIONAL SERVICES



COACHING

I offer executive and leadership coaching focused on helping leaders unlock and maximize their potential thus improving the performance of their team (s) and organization.

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CONSULTING

I develop interactive in-person or virtual workshops and training programs, around various topics including Dare to Lead™, DEI, psychological safety, and more.

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SPEAKING

I am an experienced keynote speaker, moderator, and panelist; I cover a range of topics including executive presence, DEI, vulnerability and courage, and imposter syndrome.

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