

*Overcoming
Imposter Syndrome*

04

04. OVERCOMING IMPOSTER SYNDROME

WHAT MAKES YOU **A LEADER**

If I asked you to give me a list of your top attributes, would “leader” be topping the charts? I hope so, but I suspect that for many people the answer is no. That’s OK! The purpose of this isn’t to weed out the leaders from the followers. It’s to help you identify that you are a leader and to get really comfortable with that title. Just to be clear: being the CEO of a company doesn’t automatically make you a leader. It goes deeper than that. This worksheet will help you own your boss status.

Owning your agency

1. Write down a major decision you have made in the past 1 to 3 years, either personal, community-, work-, or family-related.

2. How did you feel emotionally before you made the decision, and how did you feel afterwards?

3. What learnings did you take from that experience?

Owning your community status

4. List out all of the communities you belong to. Who are your peers? The work you do, religious or ethnic community, leisure activities (book club, workout group), volunteer outlets.

5. Think about times that you have displayed leadership within these communities. What attributes that you possess did you call upon to complete the tasks asked of you?

6. What communities that you belong to would benefit from a **Menopause Bootcamp**?

7. Describe unique content that this community will respond to.

8. Brainstorm ways in which you could activate them to participate in a **Menopause Bootcamp**.

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IDENTIFY YOUR STRENGTHS & ADDRESS YOUR WEAKNESSES

We all come to this with strengths and weaknesses. I do, too. Here is the first thing to understand. And you have to understand this.

Your weaknesses don't say anything about who you are as a person.

So often, we conflate the areas that need work with our character. This is NOT the case. You are still a good person even if your desk is messy or you take three weeks to respond to an email! Once you pull those apart, then you can start to address your weaknesses so they'll stop following you around.

Think of it this way. Does having seasonal allergies say anything about who you are as a person? Of course not! You probably wouldn't think twice about exploring ways to alleviate your allergies, like learning about at-home steps you could take, or seeing a doctor and exploring treatments. Our weaknesses are like that. They're attributes that are not aiding in our experience on this planet, and we have the power to address them.

Unlike allergies, with a lot of the attributes around running a Bootcamp, it's not black-and-white. Take organization for example. You could be a person both with a clean desk and who takes three weeks to reply to emails!

So let's take a judgment-free accounting of our strengths and weaknesses to learn how to make use of what we have—and work more on what we don't!

Organization

Running a Bootcamp requires some organization, both in actually putting together your plan, as well as back-end tasks (soliciting participants and corresponding with them, finding a space, tapping into the technology).

★ How comfortable are you with organization skills?

★ If there are areas of discomfort, how will you overcome them?

Charisma/Energy

Leading a room and keeping everyone's attention while they learn new material is an important part of a successful Bootcamp. This isn't a stand-up comedy set, but you do have to be able to set the tone for the group.

★ What's your baseline charisma/energy in a group setting?

★ If you're concerned about your stamina, how will you overcome it?

Subject Knowledge.

Having an M.D. isn't even close to a prerequisite to being a successful Bootcamp facilitator. However, it is helpful to understand the material contained in the book, and know how to explain it to participants.

★ Where do you stand on your understanding of the book?

★ If it's not 100% there, what will you do to fill in the blanks?

Social Connections.

For your first few Bootcamps, you'll rely on clients, friends and family. But to make this a successful endeavor in the long-term, you'll need to be soliciting participation, as well as relying on—and activating—word-of-mouth.

★ What existing social connections do you have?

★ Where are there openings to make new inroads?

Community Understanding.

Bootcamps hit hardest when they're tailored to the people in the room. Knowing the norms and hangups around menopause for the participants you're speaking to will go a long way in making the material stick.

★ Do you know how your community views menopause, sex and intimacy, and aging?

★ Which resources will help you gain a better understanding during your planning?
