

# 5 TYPES OF IMPOSTOR SYNDROME

Impostor syndrome expert Dr Valerie Young has identified five types. Find out which category could apply to you.



Note: see article on page 18 for advice from Dr Valerie Young about supporting employees who experience these various forms of impostor syndrome.

Source: Research from Dr Valerie Young – Secret thoughts of successful women: why capable people suffer from the Impostor Syndrome and now to thrive in spite of it. Format adopted from Dice.com