

# 5 TYPES OF IMPOSTOR SYNDROME

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

DO YOU EVER WORRY YOU WILL BE FOUND OUT?



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