



Smile & HER x Camille HAVIS

WEBINAIRE

Le Syndrome de l'Imposteur dans le milieu professionnel :
cultiver la confiance et le leadership



Camille H

Introduction



PRESENTATION



Camille H

CAMILLE HAVIS : SOPHROLOGUE & FORMATRICE

- > Diplômée EDHEC
- > Fondatrice de solybox.com
- > Création du Podcast “Syndrome Imposteur le Podcast”
- > Aujourd’hui sophrologue et formatrice basée à Saint Germain en Laye en région parisienne
- > Missions : Partager et Transmettre



SOMMAIRE

I. COMPRENDRE

1. Approche individuelle et personnalisée
2. Quelques définitions...
3. Les symptômes précis de ce syndrome (dans la vie et le monde réel)
4. Le cycle de l'Imposteur
5. Les origines du phénomène
6. Des illustrations (du concret)

II. AGIR

1. Des solutions concrètes : 5 astuces à appliquer dès aujourd'hui
2. Le mot clef de la fin: LA CONFIANCE en Soi
3. Q&A

Comprendre - Conscientiser



Quelle est votre définition du Syndrome de l'Imposteur ?

En 3 mots

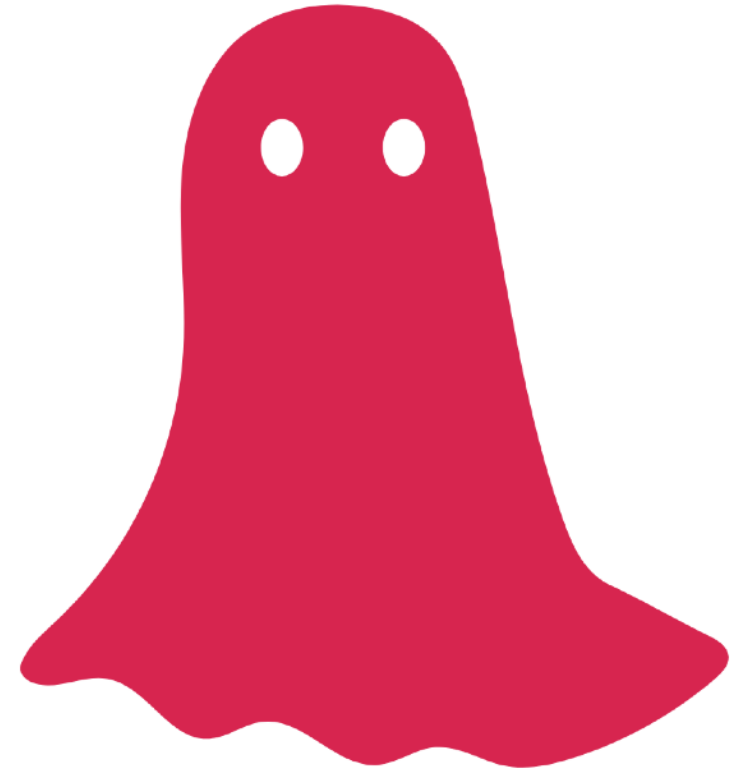


UNE DEFINITION

Qu'est-ce que le syndrome de l'imposteur ?

Un sentiment d'imposture

- > “Je ne le mérite pas”
- > “Je ne suis pas à ma place”
- > ”C’est trop beau pour être vrai”
- > “C’est un coup de chance
- > “Qu’est-ce que je fais là ?”

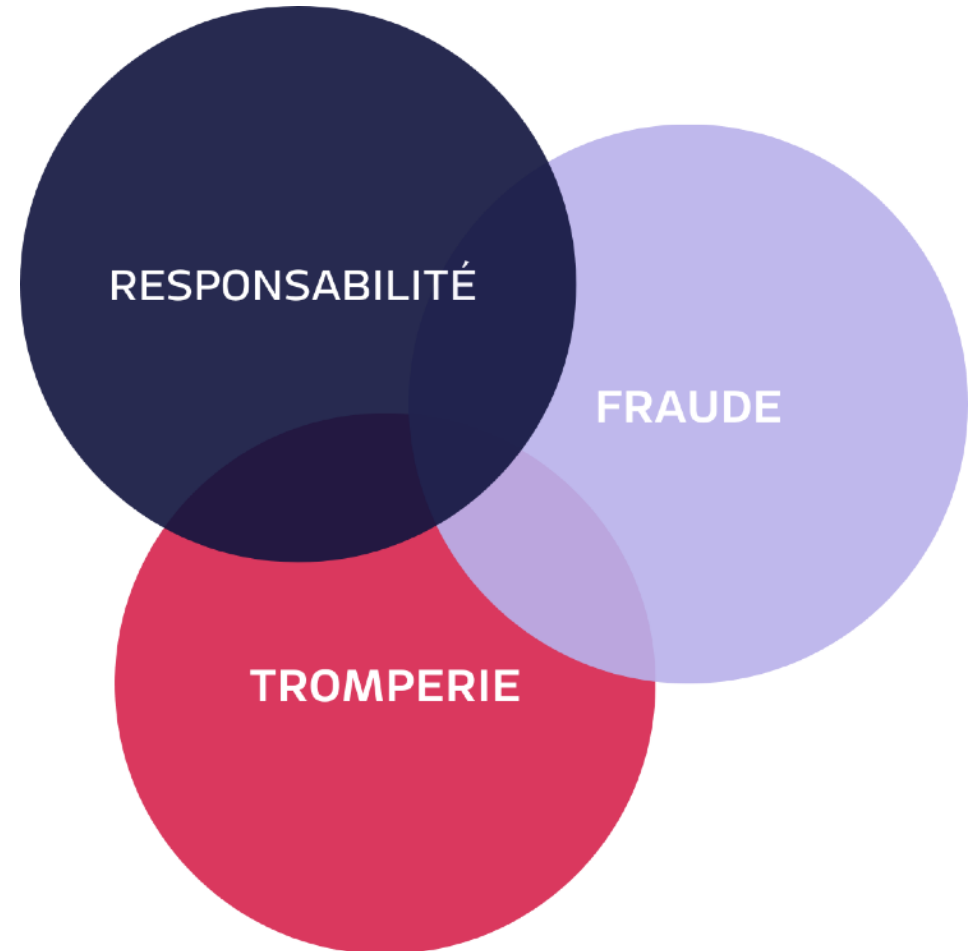


UNE DEFINITION

Qu'est-ce que le syndrome de l'imposteur ?

Les 3 piliers

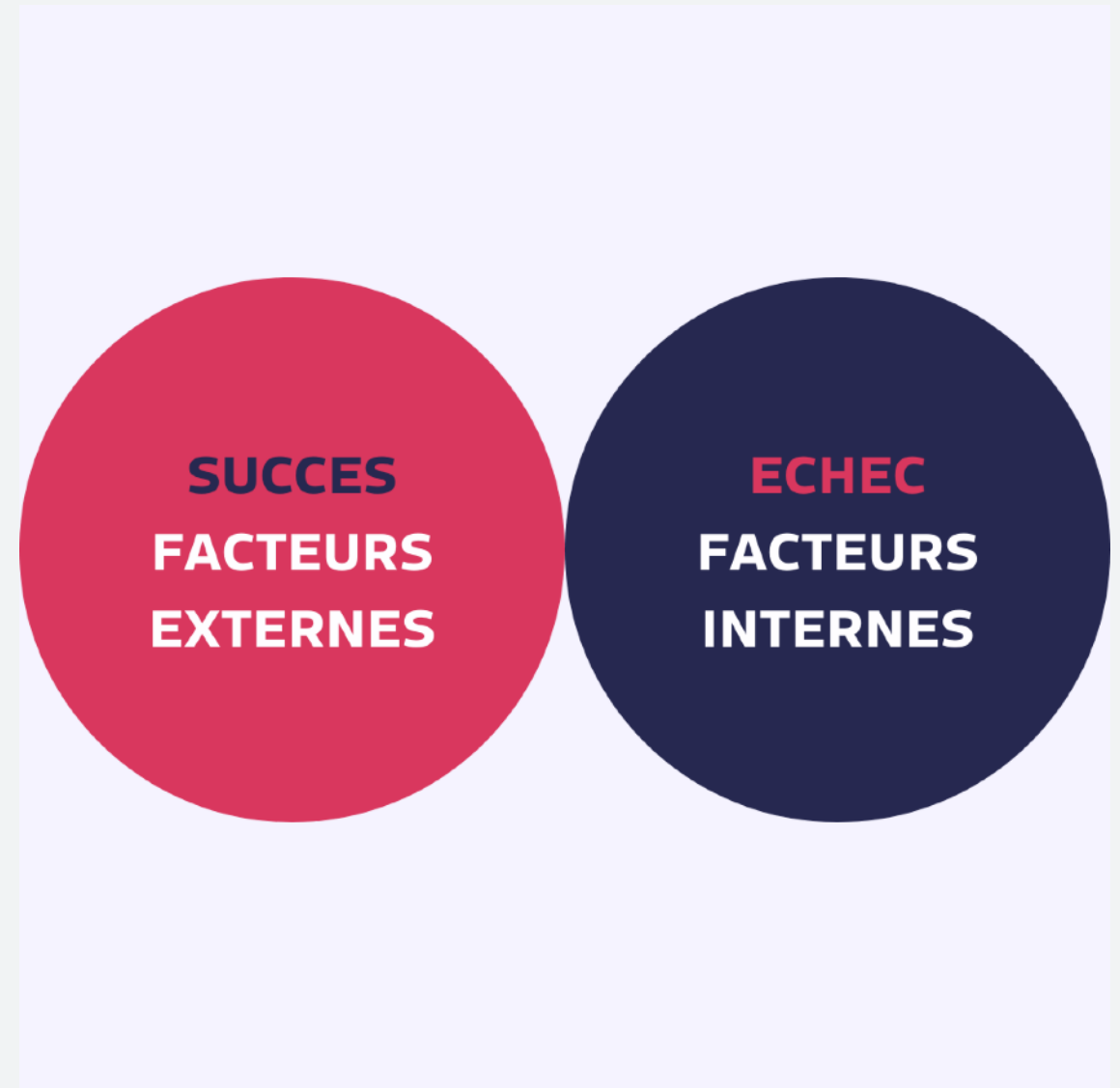
- > Impression de tromper l'autre, son entourage
- > Mauvaise attribution : le succès est lié à la chance, l'échec à moi
- > Peur d'être démasquée



LES SYMPTÔMES

Qu'est-ce que le syndrome de l'imposteur ?

- > Une définition fixe de ce qu'est la performance ou la réussite
- > Une forte anxiété (on passe son temps à anticiper le pire)
- > Une culpabilité à la simple idée de réussir
- > Un dénigrement de ses propres compétences



LE CYCLE DE L'IMPOSTEUR

Qu'est-ce que le syndrome de l'imposteur ?



D'après vous, quel pourcentage de la population a été au moins une fois sujet au syndrome de l'imposteur ?



70%

« 70% DES individus AYANT vécu
le syndrome, au moins une fois
dans leur vie.
Répartition: 66% pour les
femmes,
et 56% pour les hommes »

Source : maddyness.com

ORIGINES

D'où vient le Syndrome de l'Imposteur ?

Phénomène Imposteur

Années 70 : deux psychologues aux États-Unis, Suzanna Imes et Pauline Rose Clance

Malgré ses propres compétences et ses succès passés, nous ne nous sentons pas suffisamment intelligent, capable ou créatif.

Pourtant la motivation est là pour accomplir un projet, mais il y a toujours cette peur d'être exposé et découvert au grand jour !



ORIGINES

D'où vient le Syndrome de l'Imposteur ?

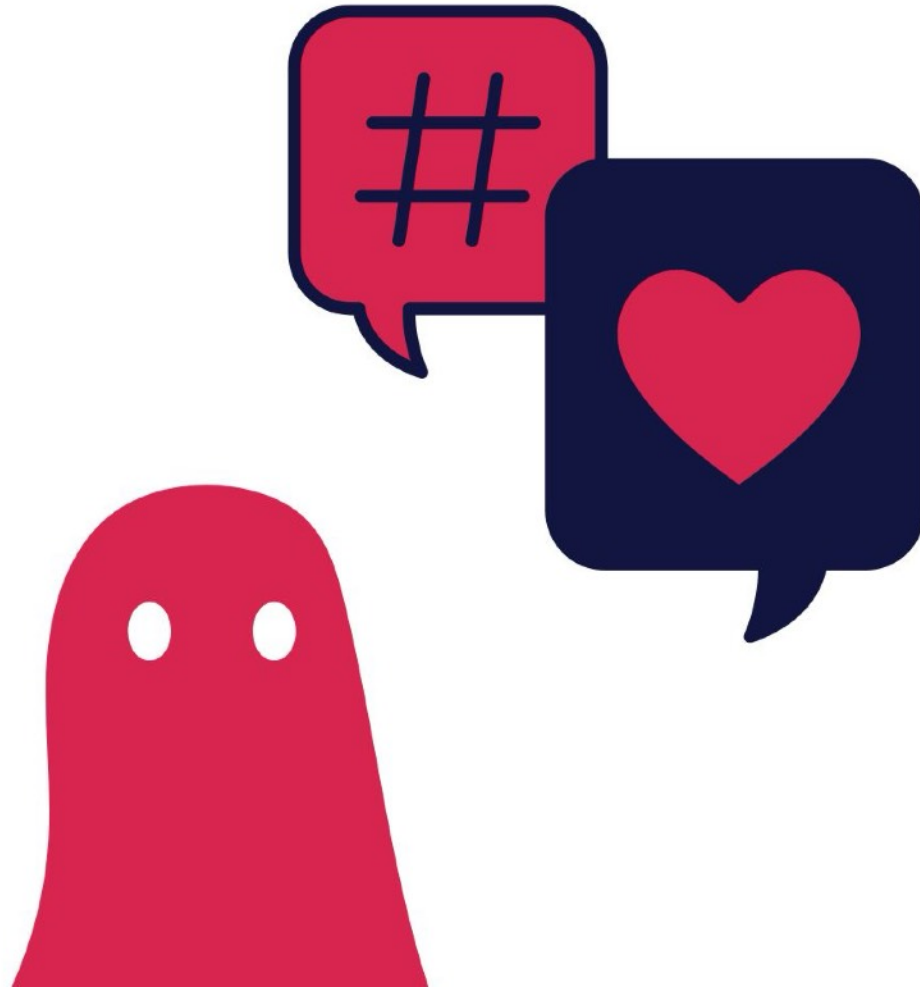
l'Ego 🐈 : la mauvaise nouvelle
(made by yourself, on yourself,
against yourself).

Une voix dans la tête :

“Tu ne peux pas le faire”

“Pour qui te prends-tu ?”





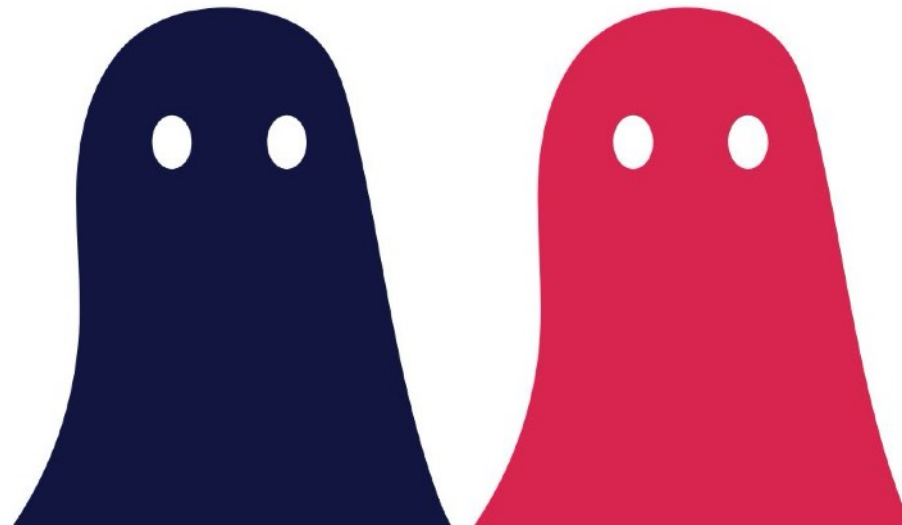
Le rôle des réseaux sociaux



Sortir de sa zone de confort

MOI

LUI



Conscientiser le dialogue intérieur



Les deux courbes de vie

Agir - Appliquer



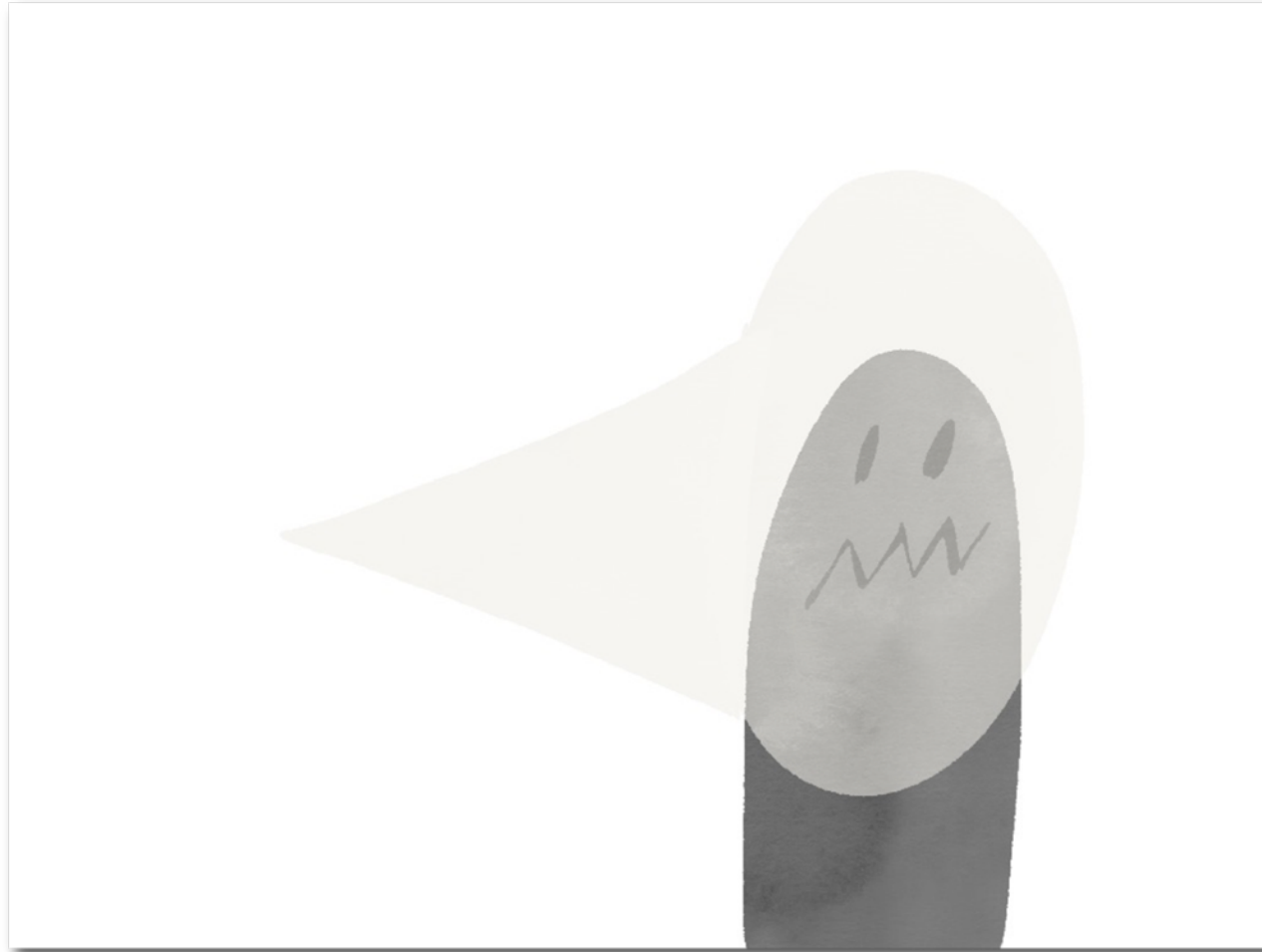
Partage d'expériences



PRATIQUES CONCRÈTES A EXPERIMENTER

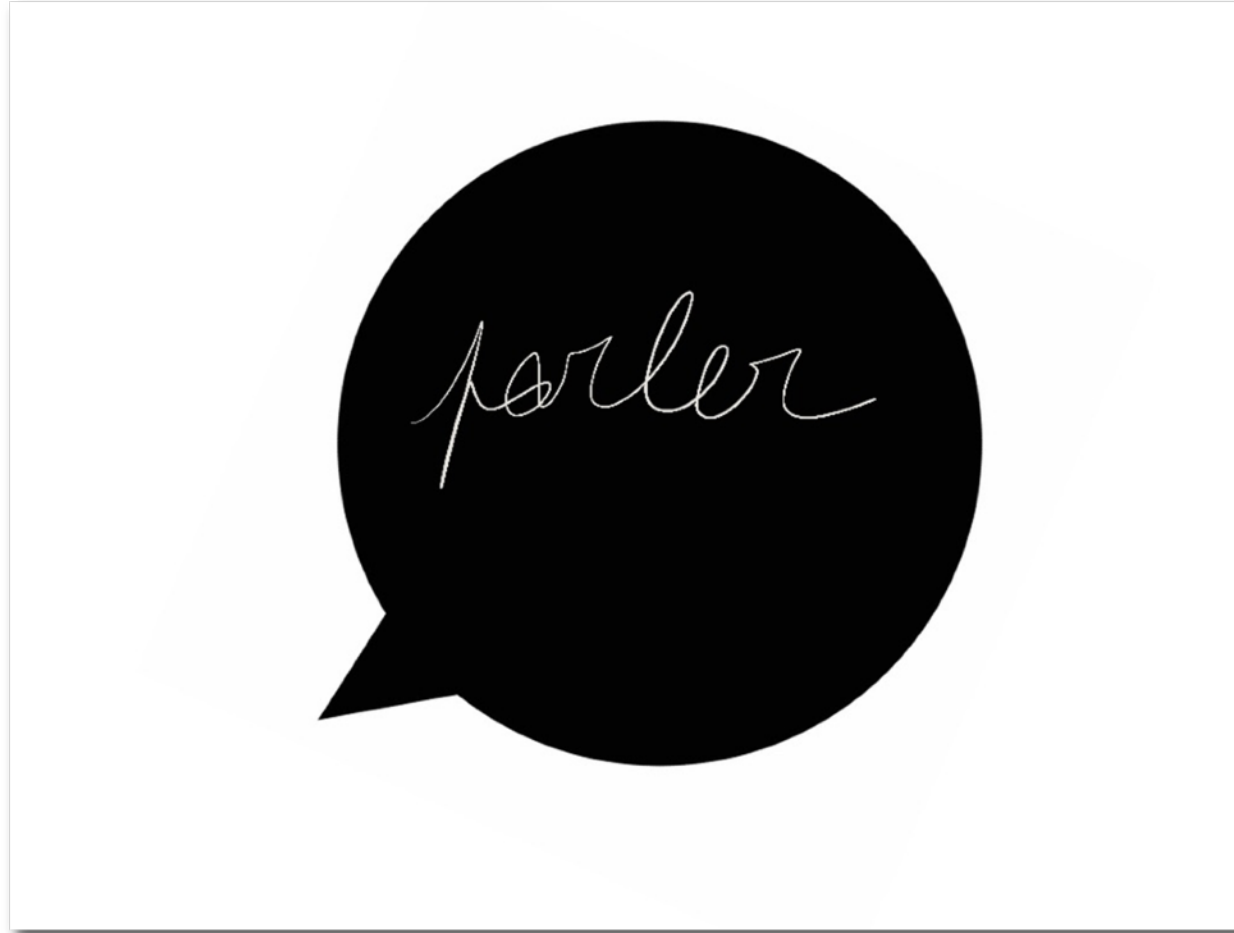


SOLUTIONS



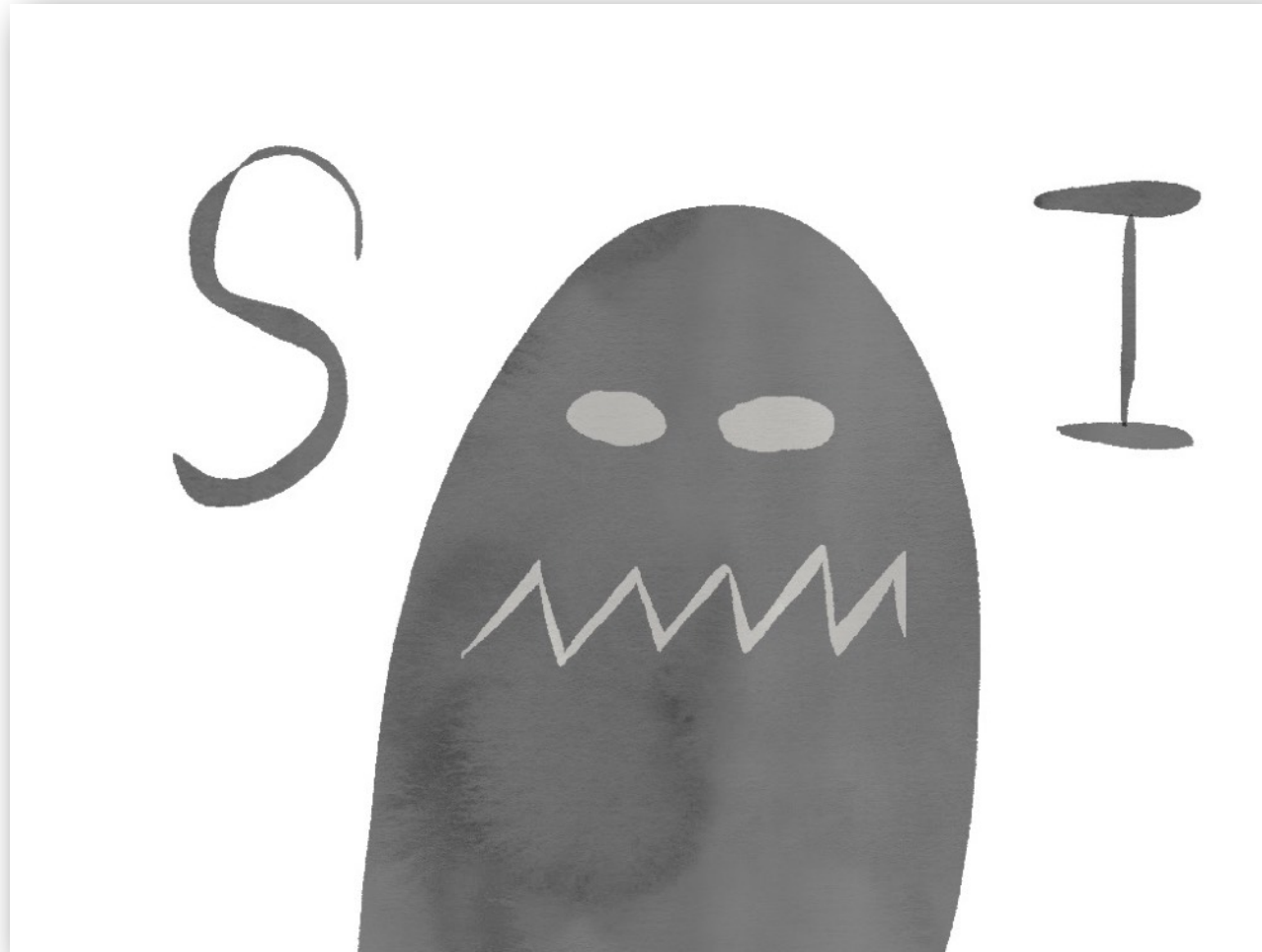
LIGHTS ON 

SOLUTIONS



SPEAK OUT 

SOLUTIONS



GET OUT 

SOLUTIONS



LE STOICISME

Nommez votre astuce préférée

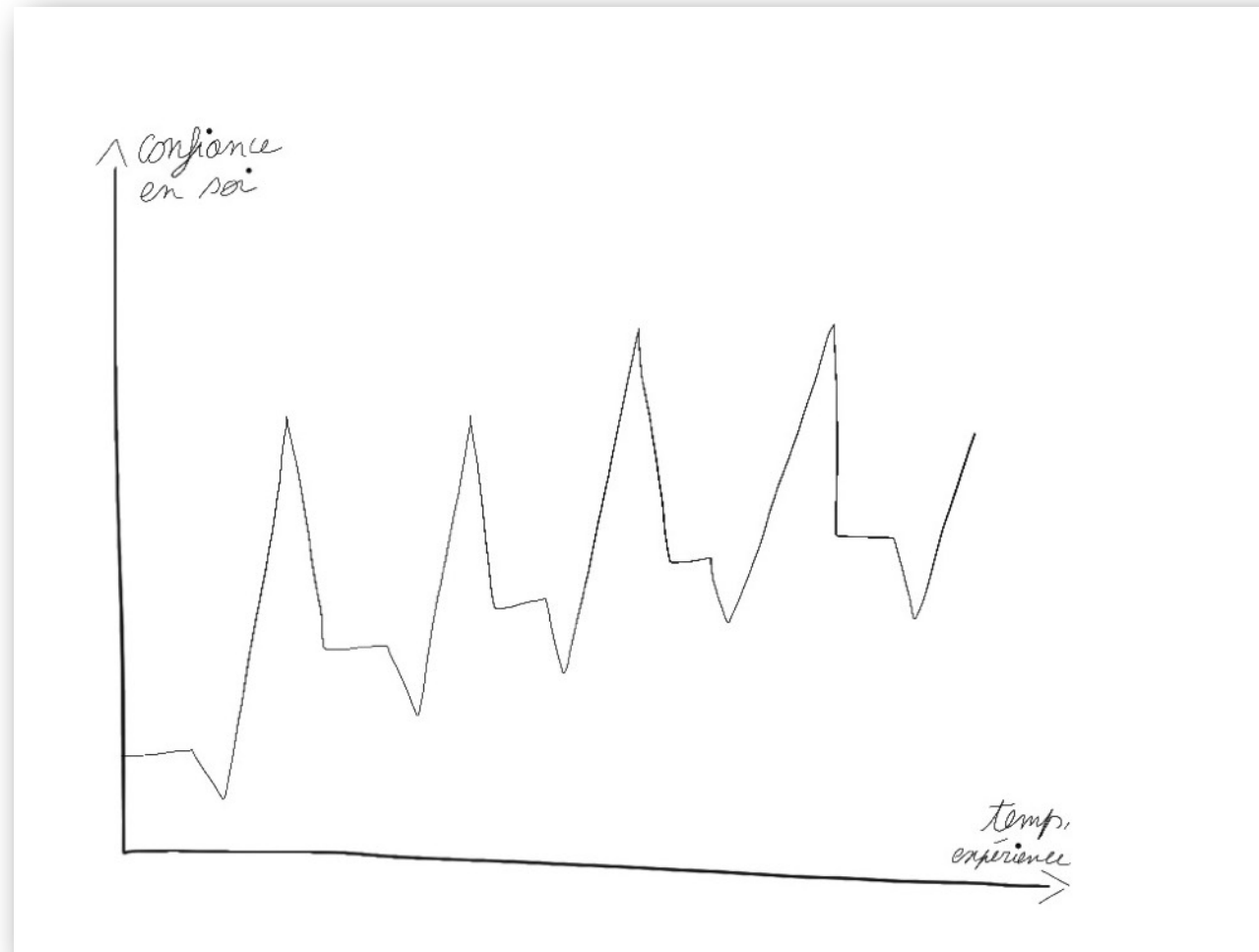




CONFIANCE EN SOI



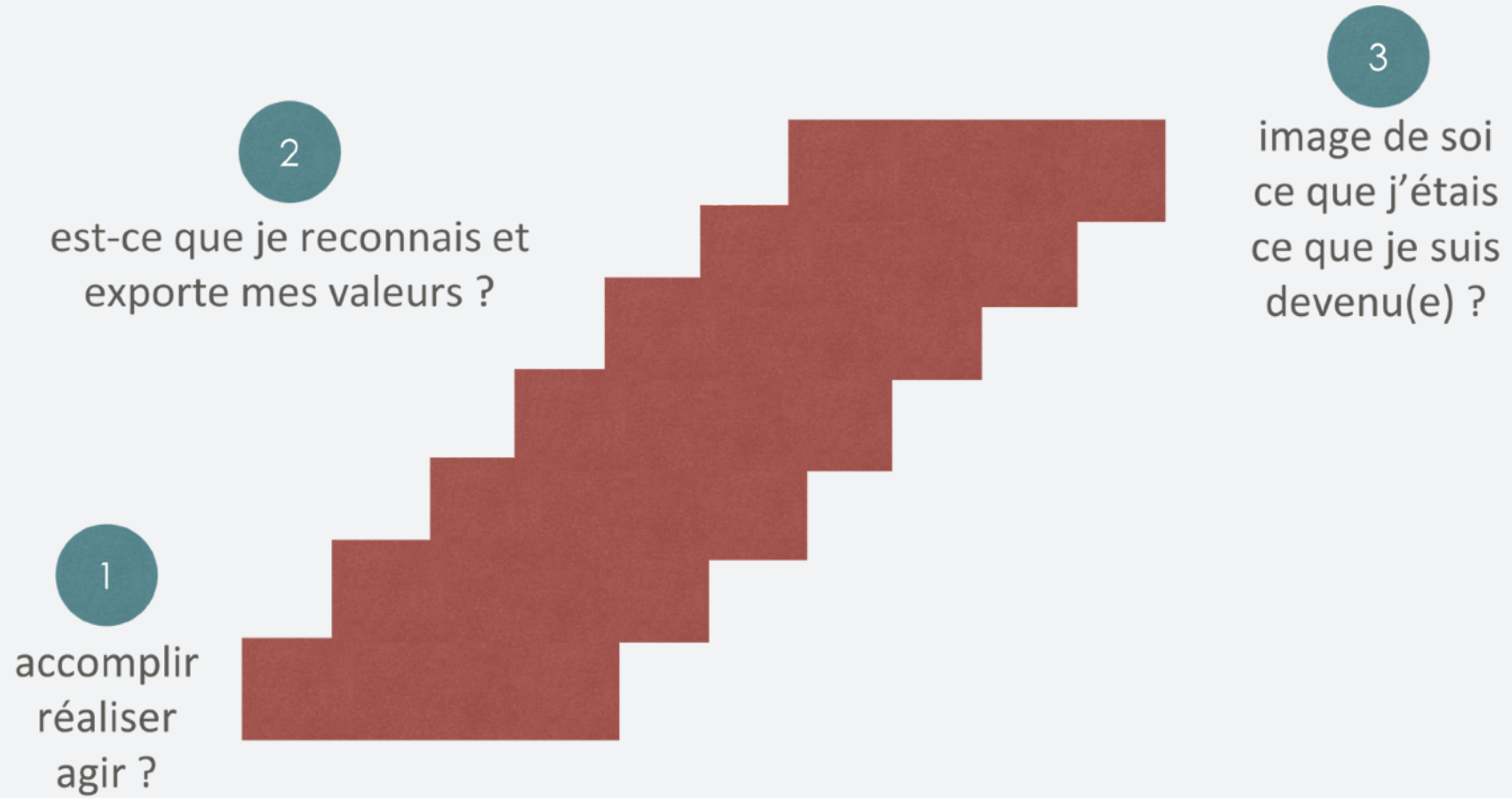
LA CONFIANCE EN SOI : UNE COURBE



UNE BONNE EQUIPE



LA CONFIANCE EN SOI : STEP BY STEP



D'après vous, est-ce que le
Syndrome de l'Imposteur concerne
tous les domaines de vie ?
Oui (lesquels) ?



LES DOMAINES DE VIE

TRAVAIL

FAMILLE

COUPLE

SOCIAL

SOI

TÉMOIGNAGES



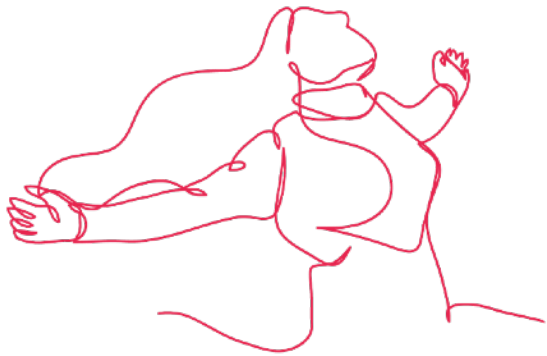


Avez-vous des questions ?



Q&A

Avez-vous des questions ?



CONTACT INFO

<https://camillehavis.com/>

RESSOURCES

<https://solybox.me/>

LES ACTUALITES SMILE & HER

RECENTLY

- > **Lancement de la 1ère édition du programme de mentorat Smile & HER** (24 mentor(e)s et mentorées)
- > **Lancement par Togocom d'une initiative** visant à **promouvoir la création d'un environnement plus inclusif et égalitaire**, offrant des **opportunités équitables** et **favorisant le développement des talents féminins**

COMING SOON

- > **Recrutement des Ambassadrices Smile & HER** (à partir du 11 décembre)
- > **Lancement des recrutements pour la 2ème édition du programme de mentorat** (à partir de fin janvier)

REJOIGNEZ LA COMMUNITE SMILE & HER

Nous vous invitons à vous inscrire à notre communauté Smile & HER, où vous aurez accès à des ressources exclusives et à des possibilités de réseautage.

Vous pouvez vous inscrire en utilisant ce [lien](#)



S M I L E
& HER

Merci !

AXIAN
LET'S GROW TOGETHER

Camille H

BOOKS & RESSOURCES

Pour plus d'inspiration



Syndrome Imposteur, le Podcast

BOOKS & RESSOURCES

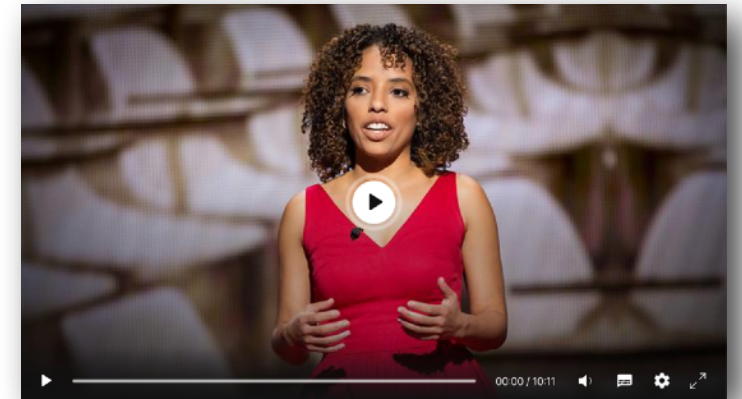
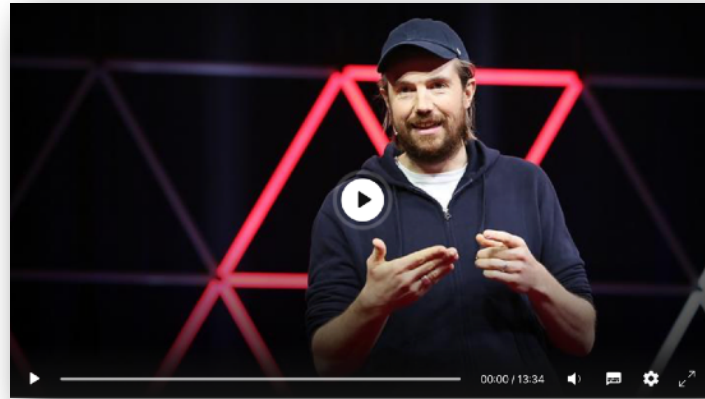
Pour plus d'inspiration



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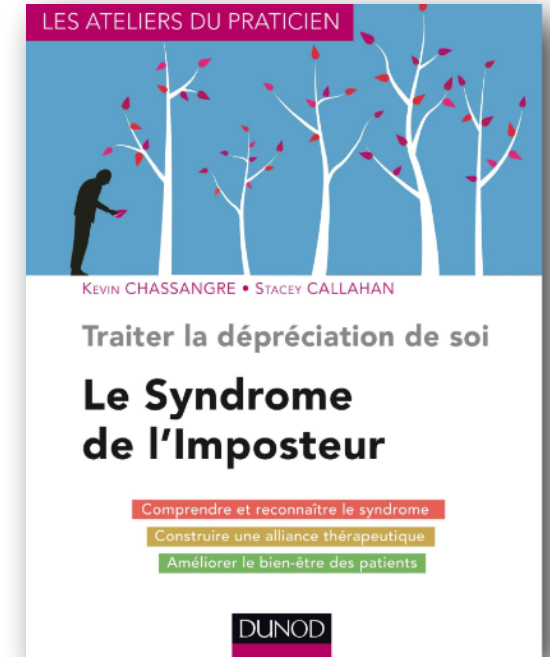
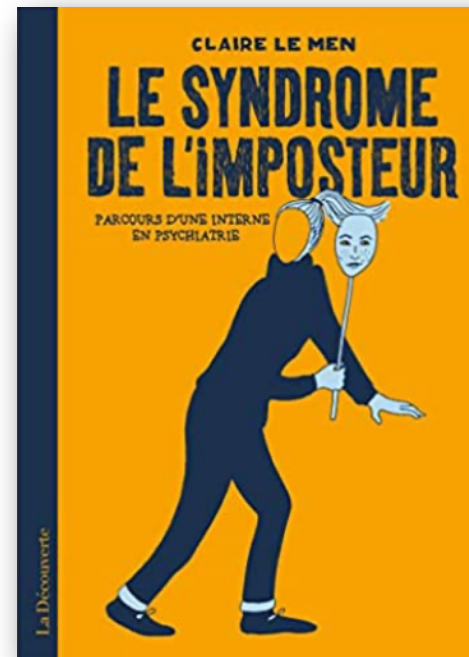
BOOKS & RESSOURCES

Pour plus d'inspiration



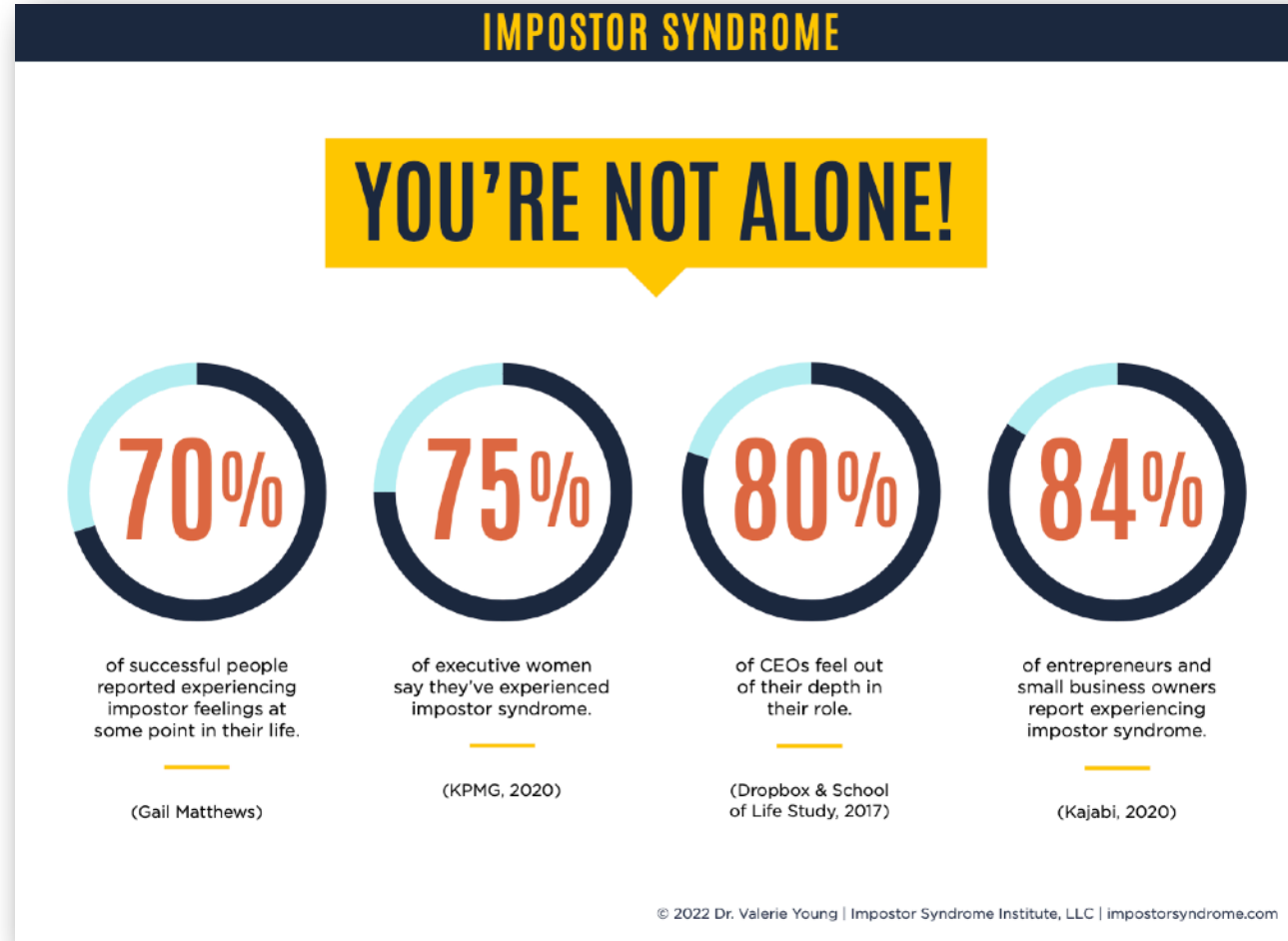
BOOKS & RESSOURCES

Pour plus d'inspiration



BOOKS & RESSOURCES

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Pour plus d'inspiration

The anxiety, crippling self-doubt and dread known as imposter syndrome has impacted 62% of people at work in the last 12 months, but there are ways to turn these feelings around.

RECOGNISING IMPOSTER SYNDROME



INTENSE
SELF-DOUBT AROUND
YOUR SUCCESS



PERSISTENT FEELINGS
OF BEING A FRAUD
AT WORK



FEELING LIKE
ACCOMPLISHMENTS ARE
NOT VALID OR DESERVED



PUTTING SUCCESS DOWN
TO DUMB LUCK RATHER
THAN SKILL

WHO SUFFERS FROM IT?



70%
Percentage of people
who experience imposter
syndrome at some point in life.



66% VS 56%
Percentage of women
and men impacted



1 IN 5
Number of small
business owners who
admit struggling with it



SHARED TRAITS
People experiencing imposter
syndrome are often
high-achievers and perfectionists

BOOKS & RESSOURCES

Pour plus d'inspiration

TOP CATALYSTS FOR IMPOSTER SYNDROME

What causes crippling self-doubt in the workplace?



INDUSTRIES WITH THE HIGHEST PERCENTAGE OF SELF-DOUBTERS



WHY DO WOMEN EXPERIENCE IMPOSTER SYNDROME?

Factors include issues around inequality still facing women in the workplace.



59% VS 44%
Percentage of men who have had the opportunity to lead a project at work compared to women



53% VS 40%
Percentage of men who have experienced a pay rise or bonus not connected to a promotion compared to women





S M I L E
& HER

ENGLISH VERSION

AXIAN
LET'S GROW TOGETHER



Smile & HER x Camille HAVIS

ONLINE WEBINAR

Impostor Syndrome: Cultivating confidence and leadership in the workplace.



Camille H

PRESENTATION



Camille. H

CAMILLE HAVIS : SOPHROLOGIST & COACH

- > Graduate of EDHEC
- > Founder of solybox.com
- > Host of the 'Impostor Syndrome Podcast'
- > Currently a sophrologist and coach based in Paris
- > Missions: Sharing and Transmitting



Introduction



CONTENT PLAN

- I. UNDERSTANDING THE SYNDROME
 1. Individual and personalized approach
 2. Some definitions...
 3. The specific symptoms of this syndrome (in life and the real world)
 4. The Impostor Cycle
 5. The origins of the phenomenon
 6. Illustrations (concrete examples)

- II. TACKLING THE ISSUES
 1. Concrete solutions: 5 tips to apply starting today
 2. Key word at the end: SELF-CONFIDENCE
 3. Q&A (Questions and Answers)

Understanding - Raising Awareness



What is your definition of Impostor Syndrome?

In 3 words

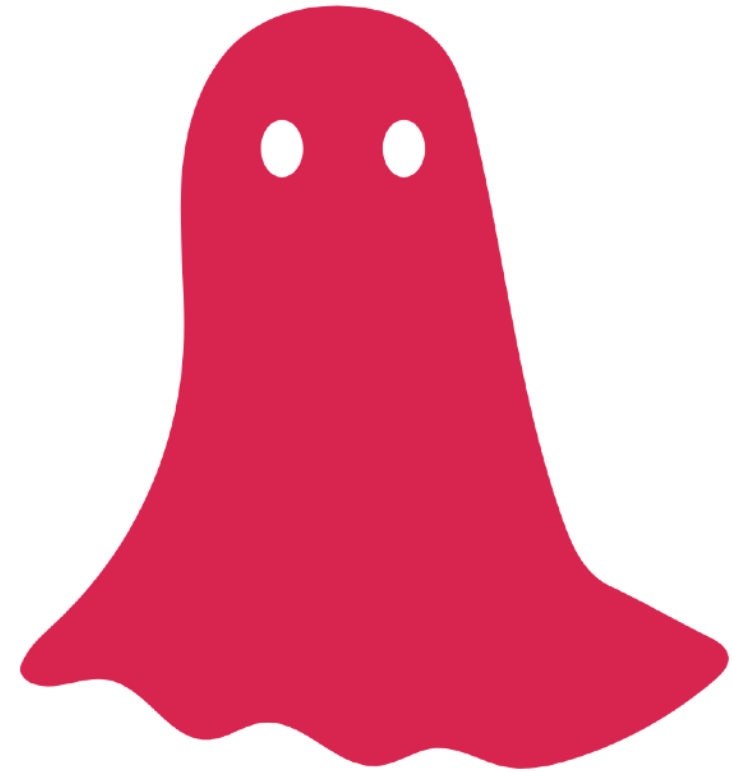


A DEFINITION

What is impostor syndrome?

Feelings of inadequacy

- > “I don’t deserve it”
- > “I don't belong here”
- > “It's too good to be true”
- > “It's a stroke of luck”
- > “What am I doing here?”

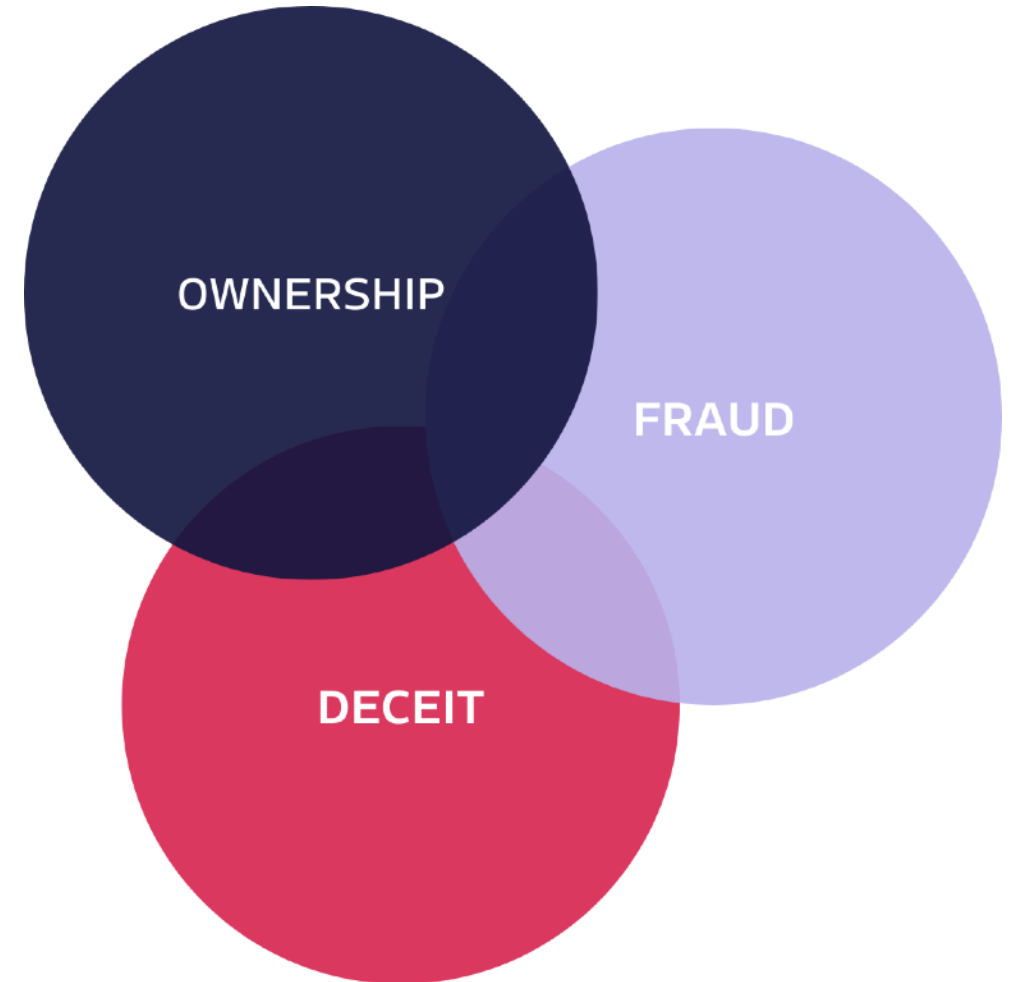


A DEFINITION

What is Impostor Syndrome ?

Three Pillars

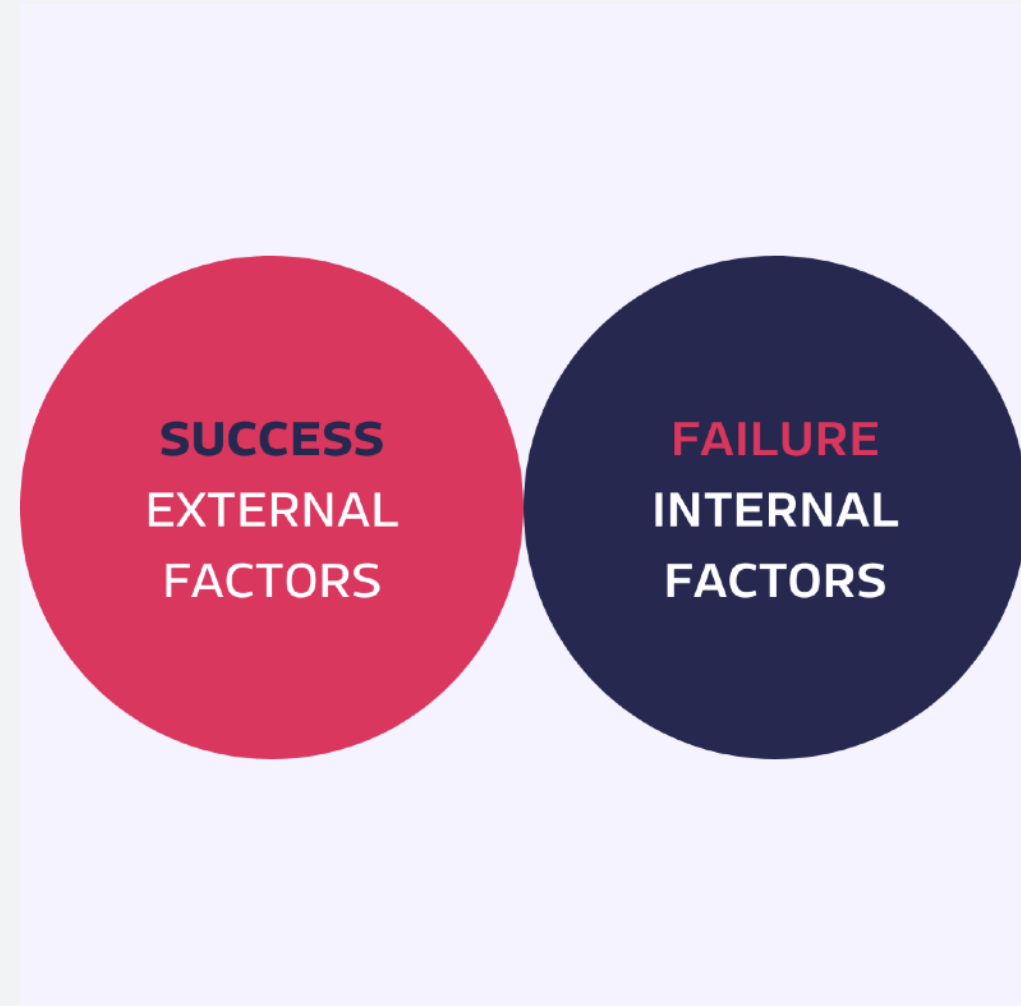
- > Feeling of Fooling Others
- > Associating Success with Luck and Failure with Personal Inadequacy
- > Anxiety About Being Unmasked



SYMPTOMS AND SIGNS

What is Impostor Syndrome ?

- > Only one definition of what is performance or success
- > High anxiety (spending time predicting the worst that could happen)
- > Feeling guilty with the simple idea of success
- > Dispraise and denigrate our own skills or expertise



THE CYCLE

What is Impostor Syndrome ?



What pourcentage of the population has been exposed
TO the impostor syndrome (at least once) ?

- 30%
- 50%
- 70%



70%

Around one-third of young people suffer from it, and **70%** of everyone else experienced it at some point in their lives.

Imposter syndrome is often tied to our identities and sense of self-worth.

66% for women and **56%** for men.

Source - maddynews.com

ORIGINS

Where does it come from ?

Impostor Phenomenon

In the 1970s, two psychologists in the United States, Suzanna Imes and Pauline Rose Clance,

Despite their own skills and past successes, one does not feel intelligent, capable, or creative enough.

However, the motivation is present to accomplish a project, but there is always this fear of being exposed and discovered in broad daylight!



ORIGINS

Where does it come from ?

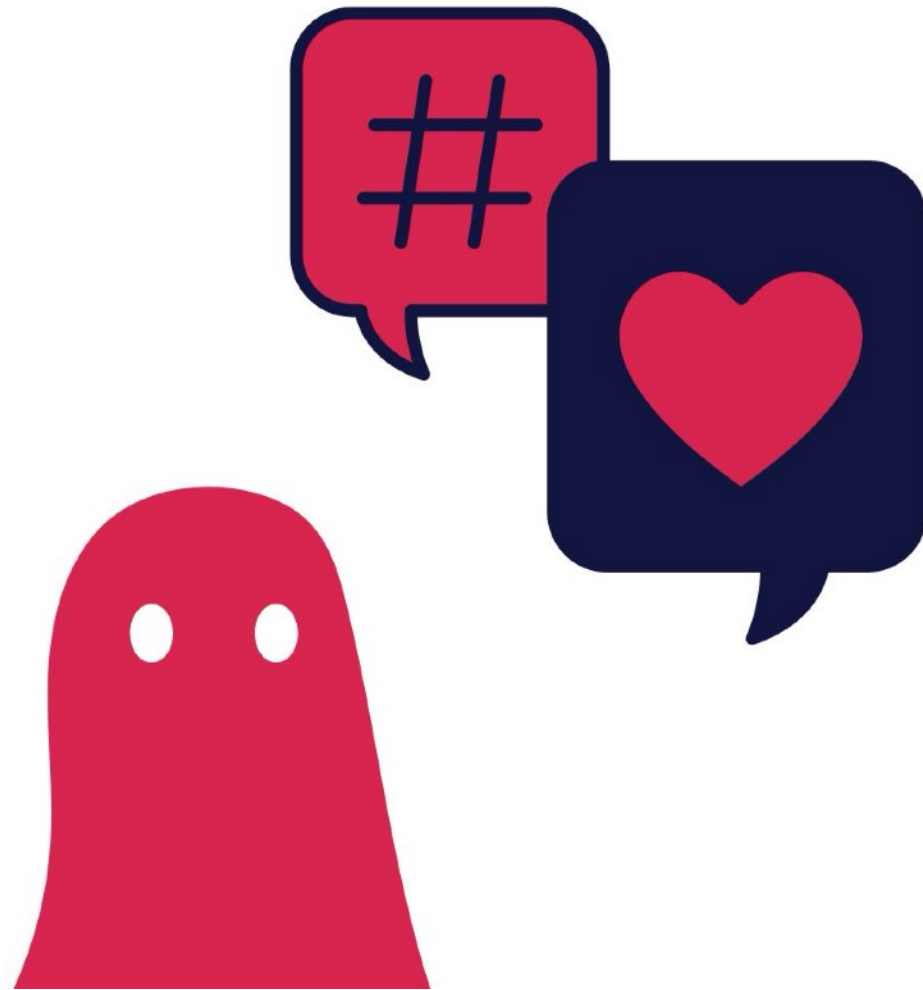
The Ego 🍆: the bad news (made by yourself, on yourself, against yourself).

A voice in your head:

"You can't do it."

"Who do you think you are?"





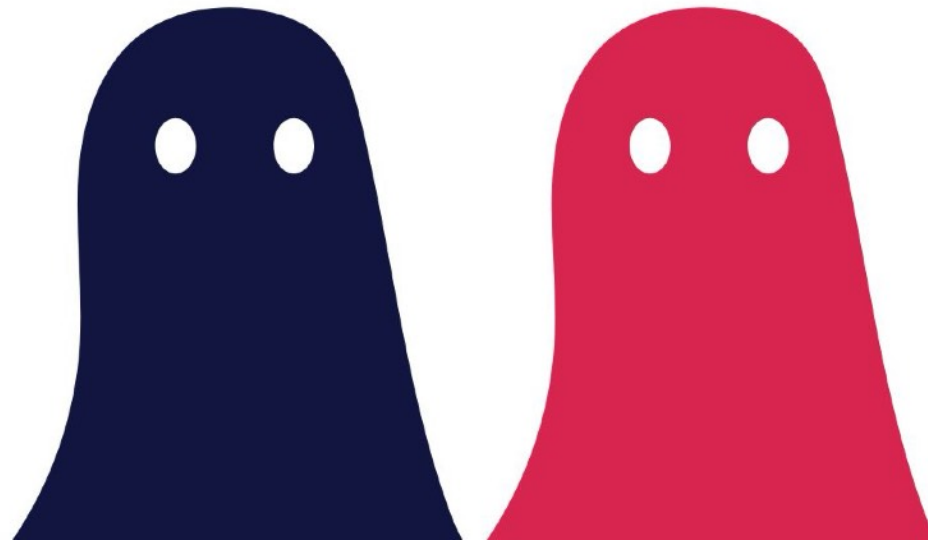
Social Media



Getting out of your comfort zone

ME

HIM



Become conscious of your inner dialogue (it's just you and him)



Two curves (this might be your life)

ACT - SURPASSING ONESELF



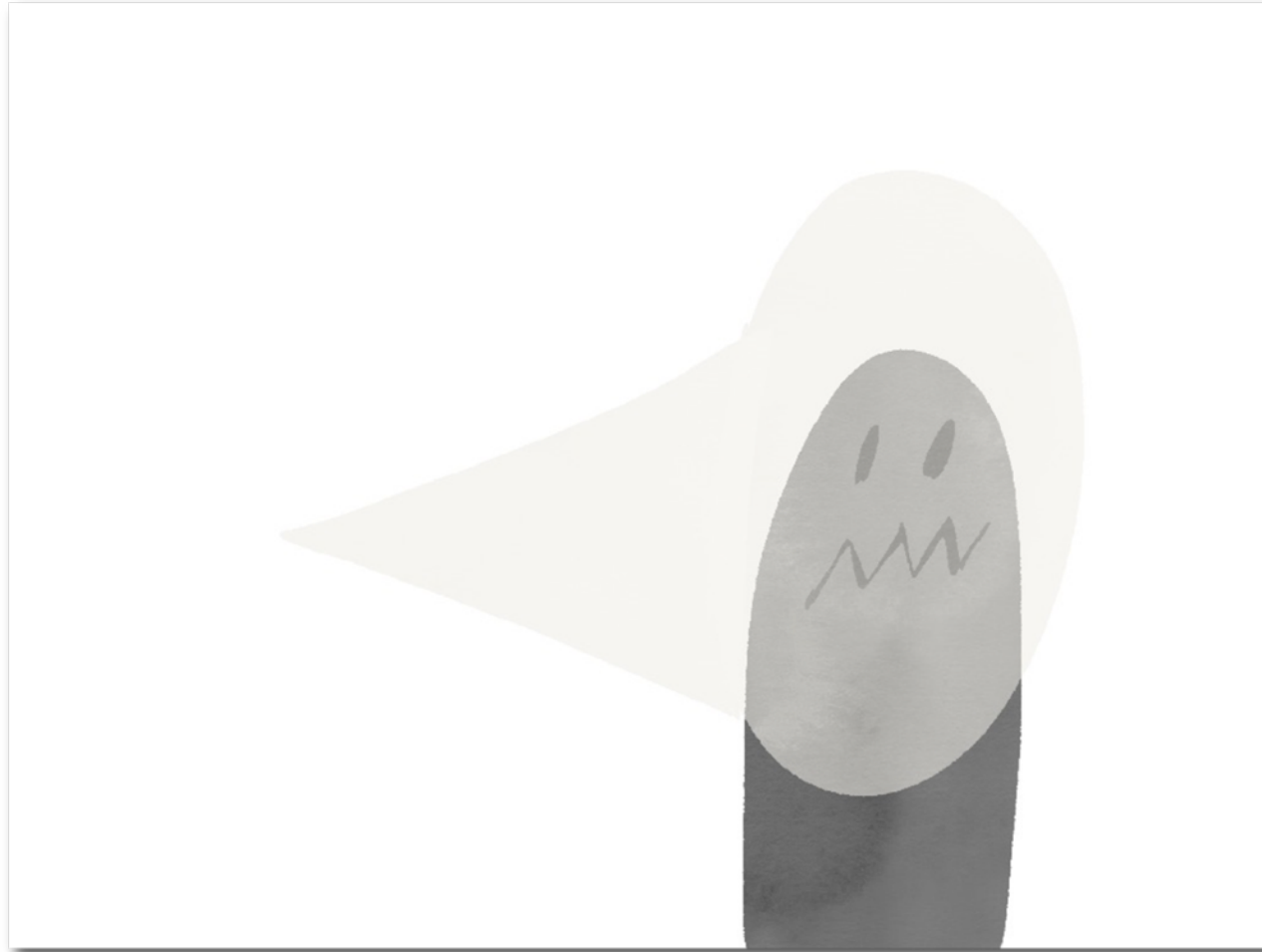
SHARE YOUR PERSONAL EXPERIENCE



CONCRETE PRACTISES TO EXPERIMENT WITH

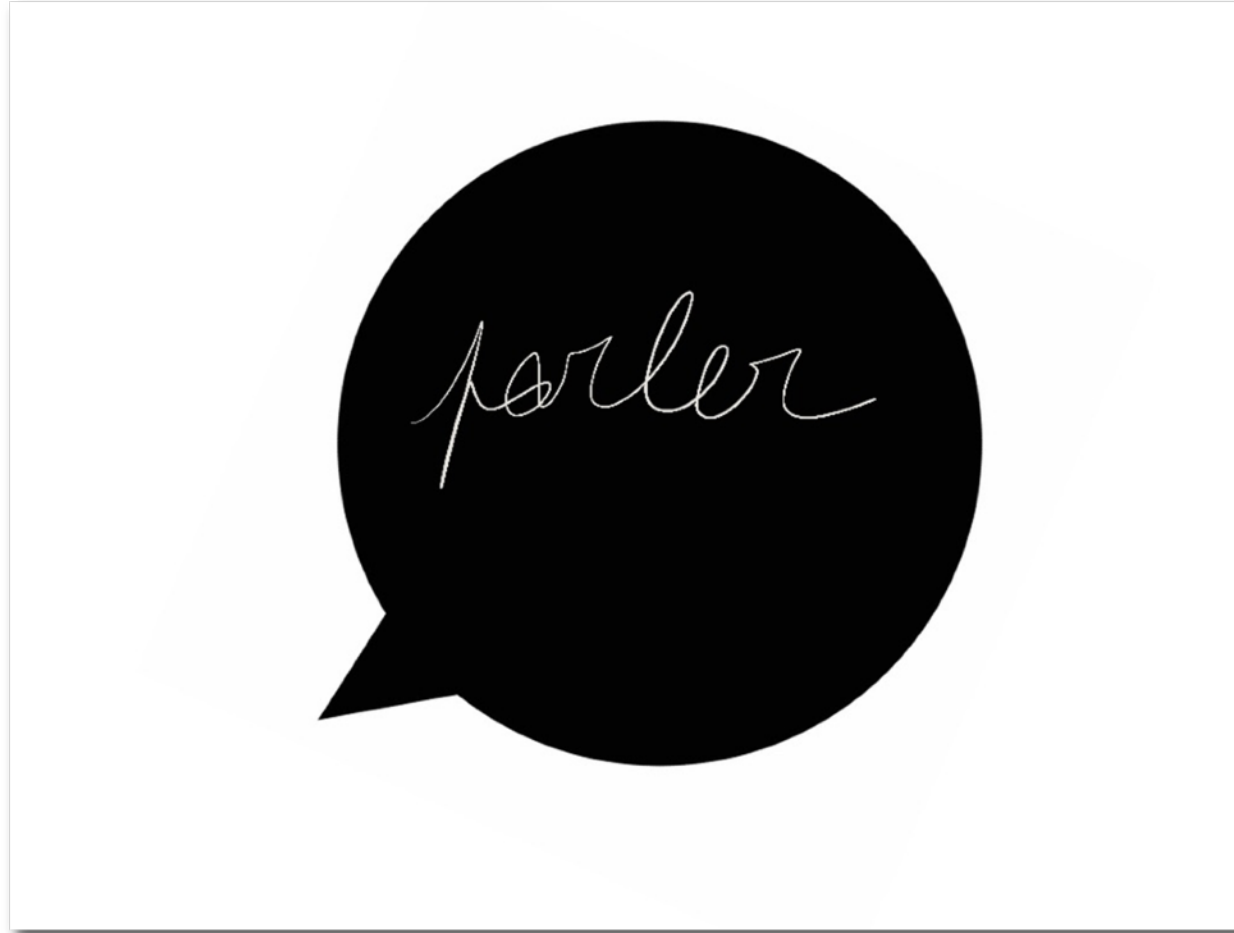


SOLUTIONS



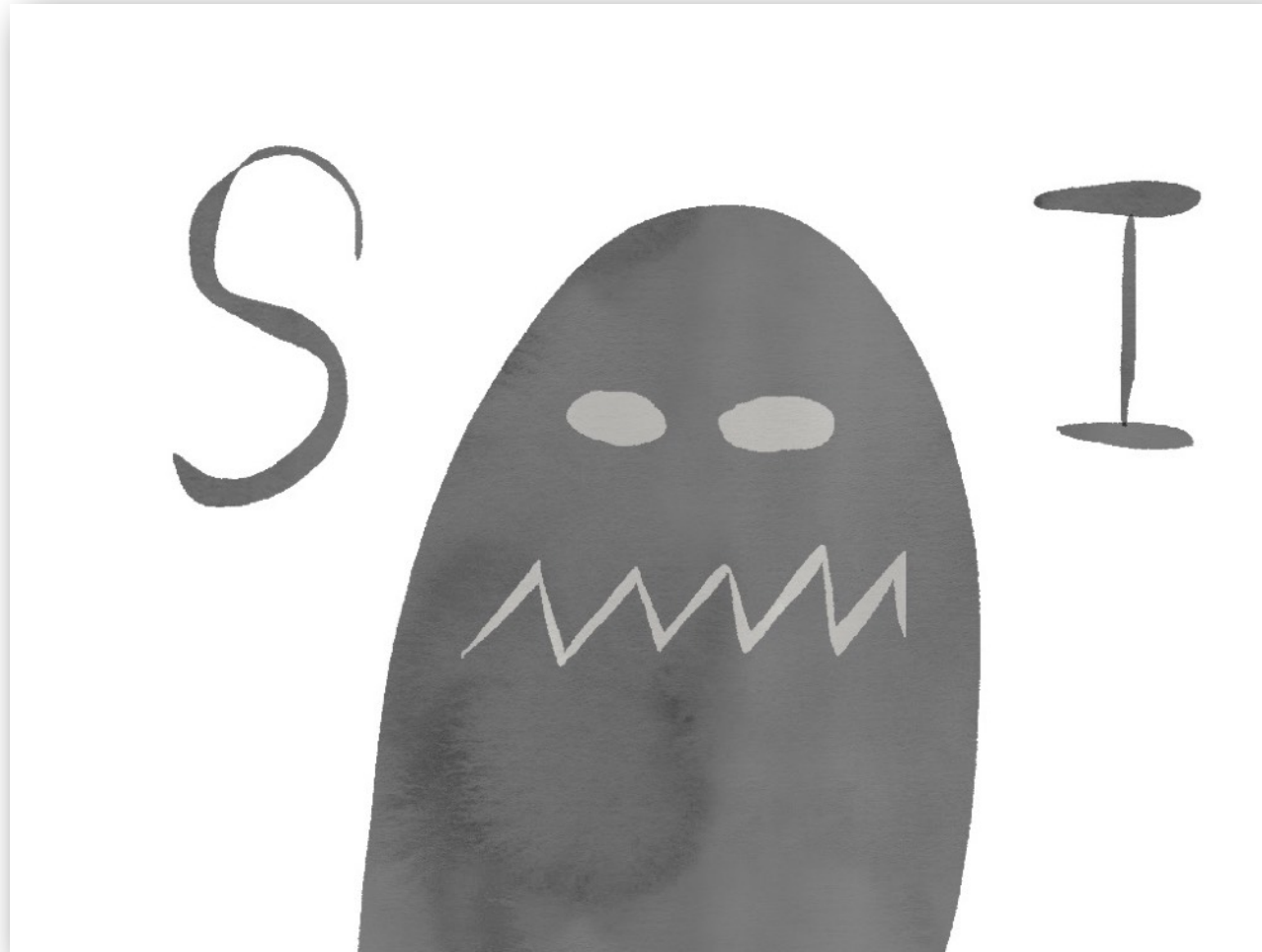
LIGHTS ON 

SOLUTIONS



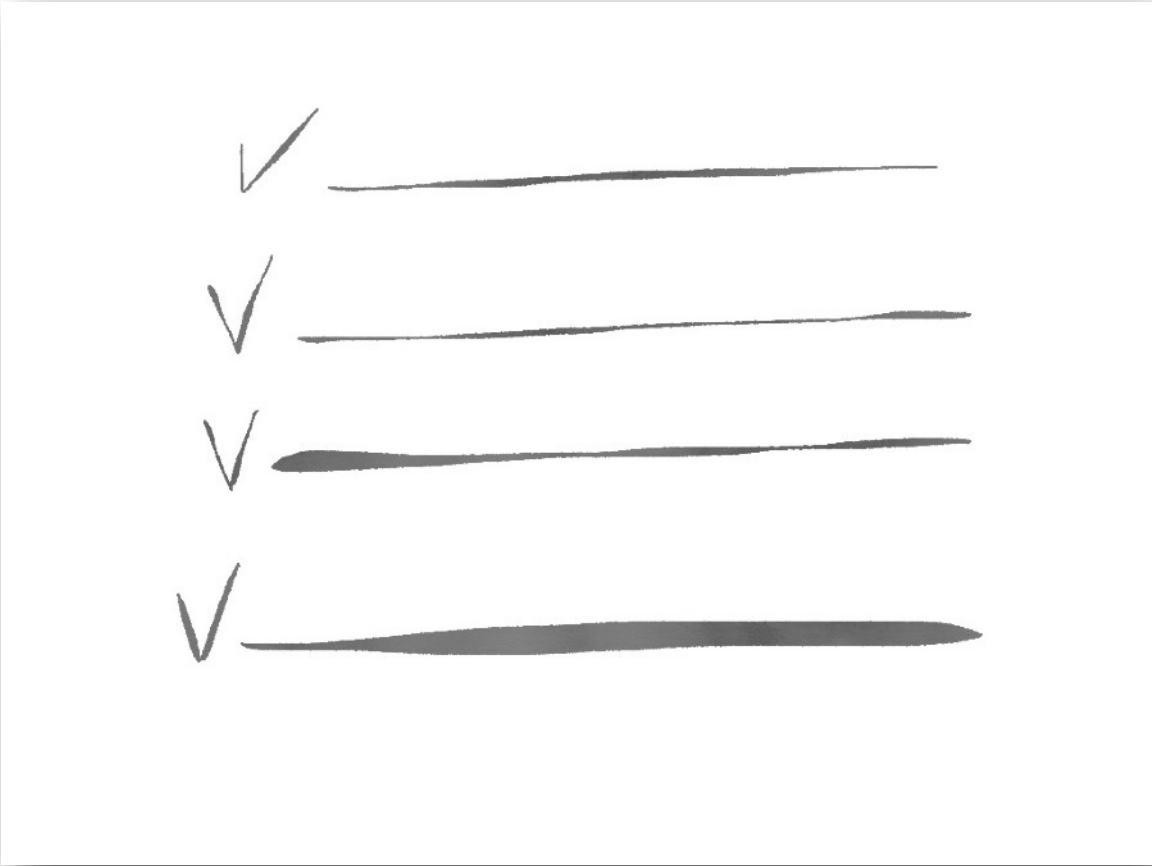
SPEAK OUT 

SOLUTIONS



GET OUT 

SOLUTIONS



MAKE A LIST

SOLUTIONS



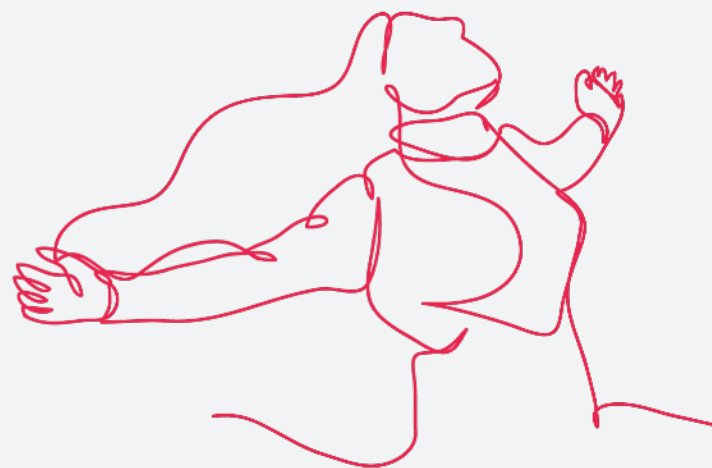
STOÏCISM

Name your favourite one

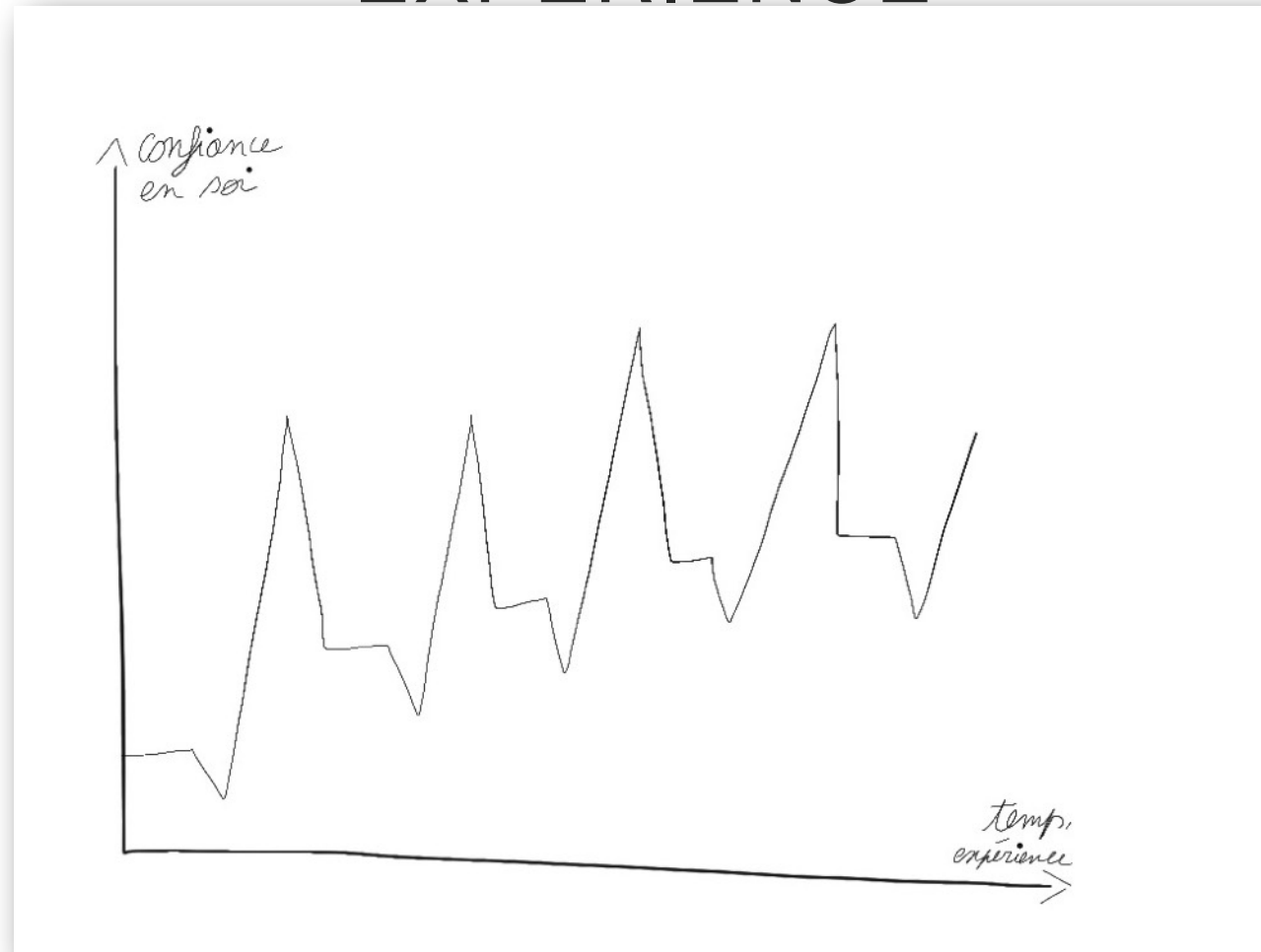




SELF-CONFIDENCE



SELF-CONFIDENCE : TIME AND EXPERIENCE



A GOOD TEAM



SELF-CONFIDENCE : STEP BY STEP





WHAT DO YOU THINK ?

DOES THE IMPOSTOR SYNDROME CONCERN
EVERY AREAS OF LIFE?
YES (WHICH ONE ?)



LES DOMAINES DE VIE

WORK

FAMILY

COUPLE

SOCIAL

ME

TESTIMONIES



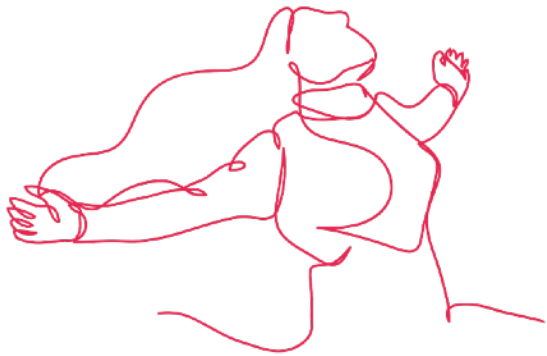


Any questions ?



Q&A

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CONTACT INFO

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RESSOURCES

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SMILE & HER NEWS

RECENTLY

- > **1st edition of the Smile & HER mentoring program launch** (24 mentors and mentees)
- > **Togocom** has launched an **initiative to promote the creation of a more inclusive and egalitarian environment**, offering equitable opportunities and fostering the development of female talent

COMING SOON

- > **Smile & HER Ambassador recruitment** (start December 11)
- > **Recruitment for the 2nd edition of the mentoring program** (start end of January)

JOIN THE SMILE & HER COMMUNITY

We invite you to sign up for our Smile & HER Community, where you can gain access to exclusive resources and networking opportunities.

You can sign up using this link [HERE](#)



S M I L E
& HER

Thank you !

AXIAN
LET'S GROW TOGETHER

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BOOKS & RESSOURCES

For more inspiration



Syndrome Imposteur, le Podcast

BOOKS & RESSOURCES

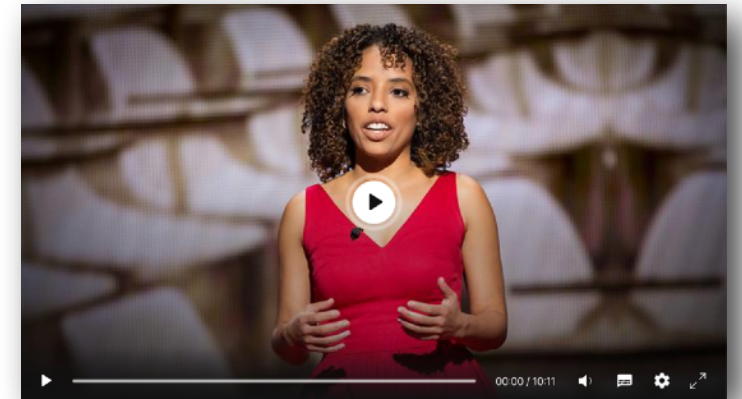
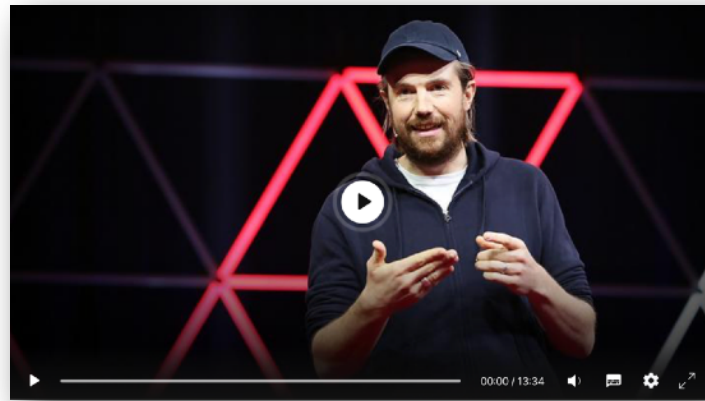
For more inspiration



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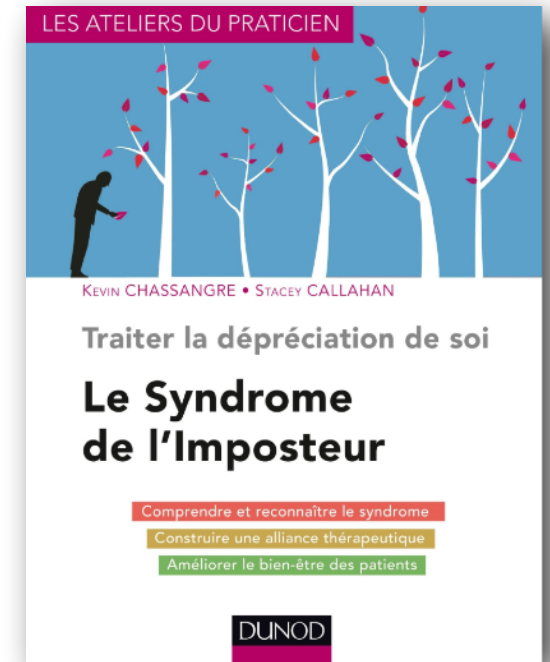
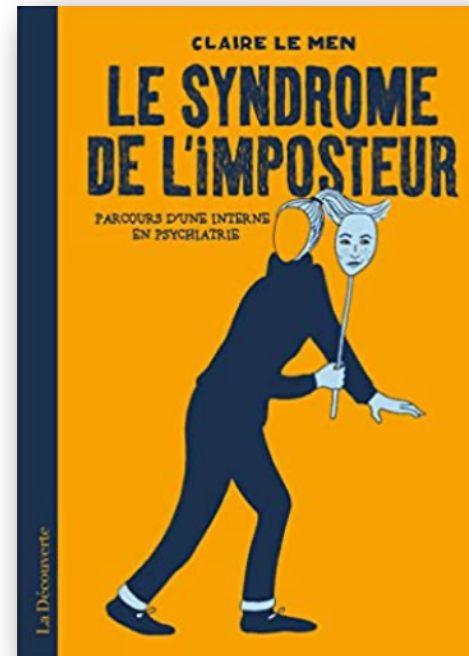
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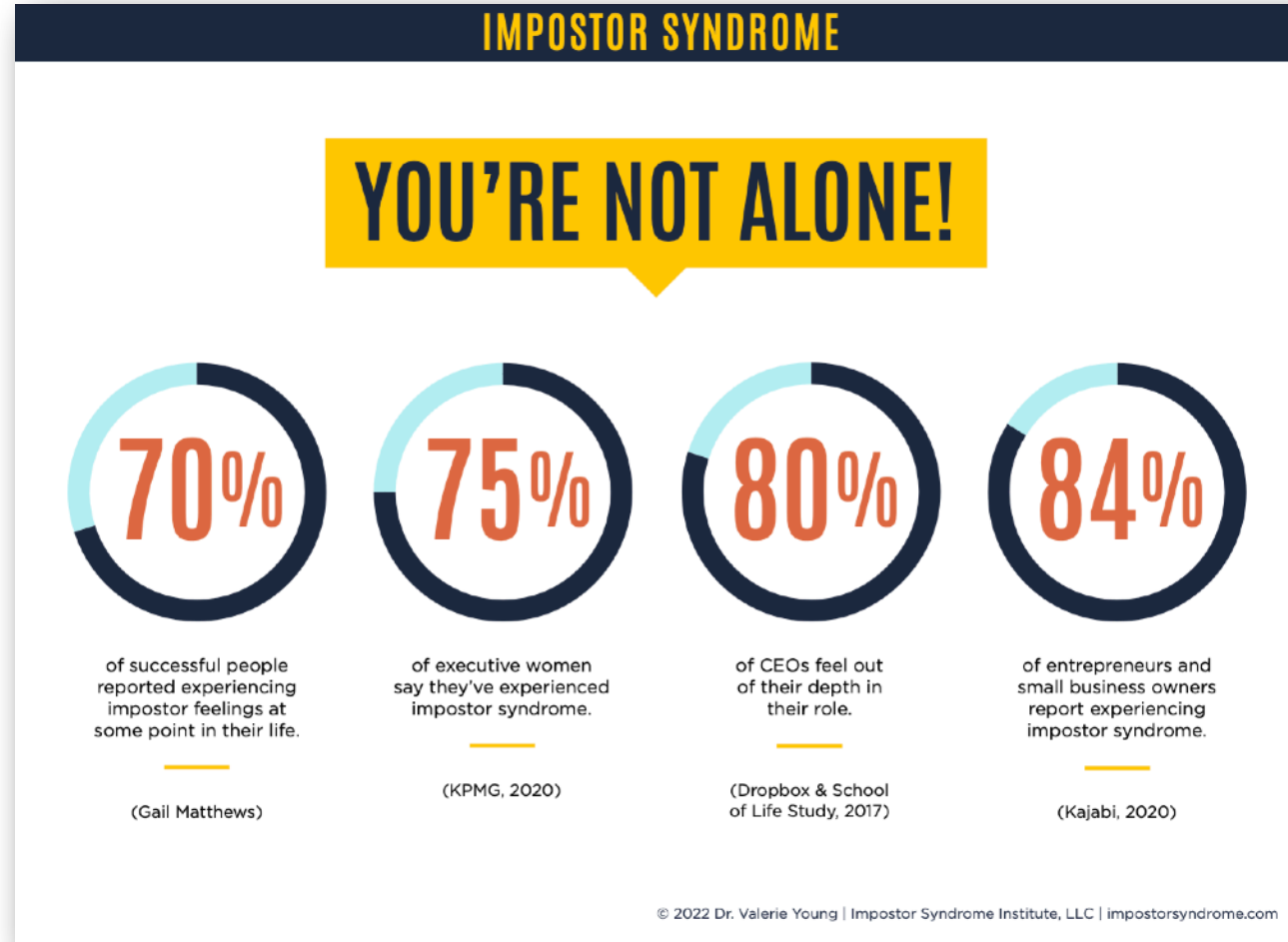
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For more inspiration



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