Imposter syndrome:

not feeling qualified
not feeling competent
not feeling like an authority

… what are we presenting ourselves as….? How are we framing what we are offering. How honest are we really being?

we are in a transition period of shifting the collective perception of ‘authority’ and hierarchy. How is our personal authenticity and integrity in conflict with outdated models of hierarchy and the roles/conditions of what constitutes an ‘authority’

integrity, honesty, authenticity, transparency as antidotes to imposter syndrome.

(I help people connect the dots)

who is our audience? Are we serving and presenting ourselves to people who we are aligned with? Or are we trying to present ourselves to ‘who we think we should be working for’? are we showing ourselves to those who have the capacity to truly recognize us and our gifts? Or are we casting our pearls before swine?

the real imposters are people who present themselves as infallible authority know it all’s, and gaslight the people making real meaningful efforts from rising into their own power.

Limited exposure, false representation, we only see ‘parts’ of everyone else’s life, but we see –all- of our own, the inherent discrepancy can lead to false self-perception expectations.

identifying the voice within / shadow… the one who knows all of your greatest insecurities and bombards you with images and scenarios of you’re greatest possible failures and fall-outs and tells you that everyone secretly hates you, and that it’ the only voice that is here to protect you… so that it ends up isolating you and cutting you off from all of your friends and family. Learning to recognize the overwhelming catastrophic images and impressions as a self-abusive tactic. The one inside who calls you a fake and a phony and not good enough never enough, and you have to do it This way Not That WAy! The one who has actually gotten in YOUR WAY and kept you from many things….