



OPAL

OLEVI Professional Alliance for Learning

OPAL

Facilitated Debate Booklet

The Imposter Cure by Dr. Jessamy Hibberd
Detailed Summary by Sam Chapman

Name:

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QUESTION FOR FACILITATED DEBATE:

Escape the mind trap of imposter syndrome:

Can you deliver **high quality outcomes** through **discernment** rather than **perfection?**



The Imposter Cure

by Dr. Jessamy Hibberd (Summarised)

Introduction - What's in it for me? Stop feeling like a fraud and start being your best self.

Imposter syndrome can be disorienting. Self-doubt can make it tough for someone with the syndrome to recognise their personal skills and accomplishments. So instead, they concentrate on their flaws and shortcomings.

This self-doubt can paralyse you and stop you from living life to its fullest; but imposter syndrome is something you can learn to navigate.

Dr. Jessamy Hibberd's, *The Imposter Cure*, looks at the causes of imposter syndrome and coping strategies to beat it.

By building a body of evidence and keeping track of your progress, you can find your own imposter cure and learn how to overcome any obstacles to your future happiness.

