

Paige.

# The PlayBook

MEMBERSHIP



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*Guest Expert Lesson*

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# How To Build A Confident Mindset

( & OVERCOME IMPOSTER SYNDROME )

## MEET YOUR EXPERT

Lucy Spicer is a Psychological Coach, Host of The Journal with Lucy Spicer podcast and Founder of The Lucy Spicer Practice (LSP), a private clinic dedicated to offering clients the very best psychological support through 1:1 sessions, masterclasses and events.

Certified and trusted, with over 10 years of experience Lucy has worked with thousands of clients across various psychology services within both the NHS, and private sector specialist hospitals.

Lucy works closely with professionals, influential content creators and founders.

She is passionate about empowering her clients, supporting them to master their minds so that they ultimately become the best version of themselves.



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The Journal with Lucy Spicer



## WHAT IS IMPOSTER SYNDROME?

Imposter Syndrome (IS) refers to an internal experience of believing that you are not as competent as others perceive you to be.

Psychologists Pauline Clance and Suzanne Imes developed the concept, originally termed “imposter phenomenon,” from their 1978 founding study, which focused on high-achieving women.

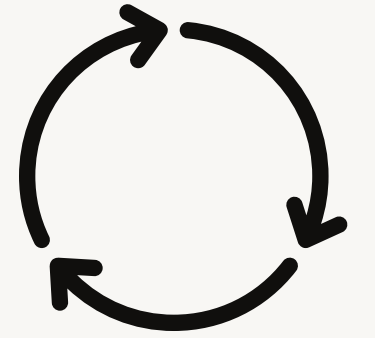
**It's estimated that 70% of people have experienced imposter syndrome at some point in their life.**

Even Einstein once said that he thought his research got way more attention than he thought it deserved!

## HOW DOES IT SHOW UP?

Imposter syndrome often strikes at moments of success e.g starting a new job, being offered a new opportunity, starting a business, receiving an award or promotion.

It can also show up in your personal as well as professional lives.



## WHAT CAN FUEL IMPOSTER SYNDROME?

Early experiences - such as pressure from parents to overachieve and performing well at school

Corporate culture - target driven and competitive

Comparison - feeling like we are less than others and that they are more deserving and worthy of their success.

Negative self talk - believing thoughts such as not being good enough

## WHAT ARE THE DIFFERENT TYPES OF IMPOSTER SYNDROME?

**The Perfectionist**

**The Natural Genius**

**The Soloist**

**The Expert**

**The supers**

Dr Valerie Young identified that ‘imposters’ experience failure-related shame in different ways because they don’t all define competence in the same way.

Which profile do you resonate with the most?

*You may fit into more than one category*

## THE PERFECTIONIST

Primary focus is on 'how' something is done

Most common type of imposter

They set excessively high standards

Pressure to deliver the perfect performance 100% of the time

Their best efforts are never good enough

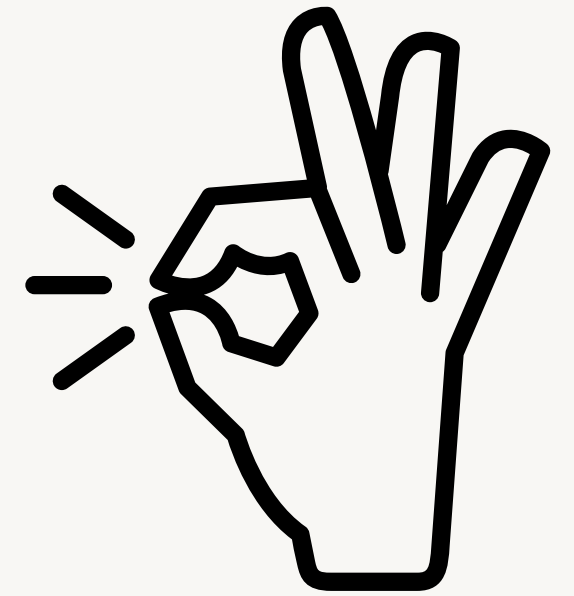
They focus on what they could have done better

They find it hard to celebrate wins and accept praise

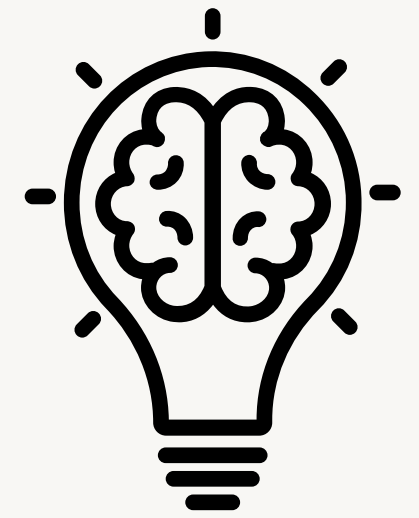
Hold others to the same standards - worry they won't do it properly

They like to be in control

Vulnerable to overworking procrastination, obsessing over micro details, not delegating work







## THE NATURAL GENIUS

Cares about 'how' and 'when' accomplishments happen

Similar to perfectionists but rather than judging themselves on unrealistically high standards they judge themselves on getting it right the first time

There is no room for development/learning

If they struggle to master a skill or it takes 'too long' they feel shame and like an imposter

They are overly optimistic about how much they can get done, if progress is slow they feel disappointed in themselves

Setbacks may throw them

They avoid taking risks or being a 'beginner' incase they fail

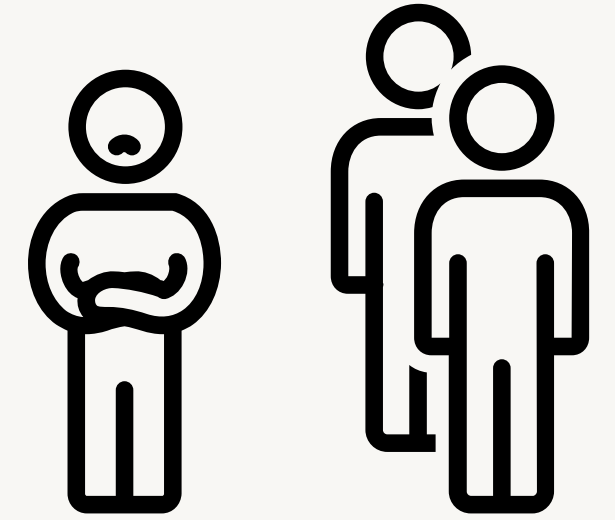
## THE SOLOIST

They care about 'who' completes the task  
Achievement only counts if they can do it alone  
They may turn down help to prove their worth

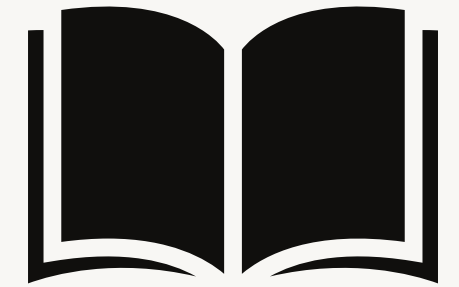
Struggling, feeling stuck or having too much work may lead to procrastination as needing support will mean 'defeat'

Projects, accomplishments or ideas in conjunction with others do not count as being their own achievement

They believe that receiving help is a sign of weakness



## THE EXPERT



Primary concern is on the 'what' and 'how much' they know or can do

Believe that if they are truly clever then they would know everything they need to know to complete a challenge before they start

If they do not know the answer, they feel incompetent

Fear of being exposed as inexperienced or not knowing enough

Endlessly seek out information which leads to procrastination

Unlikely to go for an opportunity unless they can match every requirement

Feel that they have tricked people into working with them and that they expect them to know more than they do

Despite their qualifications, it's never enough and believe there is always something more they need to know



## THE SUPERS

Focus on 'how many' roles they can juggle and excel in eg business, friend, partner, family member

Feel shame if they fall short in any of these roles as they should be able to handle them all

It's like perfectionists on turbo charge as they set high standards in every area, not just career/study

May live an 'overextended' life - trying to do everything to the best of their ability in their personal and professional lives

Lead very busy lives, rarely have breaks

'Addicted' to the validation that comes from working

Difficulties saying no, feeling switched on all of the time

Vulnerability of burning out

## CAN YOU BREAK FREE FROM IMPOSTER SYNDROME?

**YES!**

The first step is always awareness.

It is likely to still come up from time to time but it's about learning how to weaken its power over you.

You need to retrain your brain by changing and updating your beliefs about yourself.





## JOURNALLING EXERCISE

Do you experience Imposter Syndrome?

What profile(s) of imposter syndrome did you identify with?

When/where does it show up most in your life?

What does it make you believe about yourself?

How does it get in the way?

What does it make you do and/or stop you from doing?

If it wasn't around what would you do and how would you think about yourself differently?





## CELEBRATE YOUR WINS

Create a habit of writing down your daily wins!

Look for the good within yourself and what you have achieved in the day rather than focussing on what you have left to do.

This will help to improve your mood, self esteem and motivation and reduce your inner critical voice.

Challenge yourself by writing down a 'win' at the end of everyday.

**No win is too small (!)**





## LOVE NOTES

Create a folder on your desktop and when you get positive feedback, a compliment, anything someone has said that makes you feel good, write it out and save it in there.

When you need to combat Imposter Syndrome and you are questioning yourself and your abilities, open it up & read them out loud.





## POSITIVE SELF TALK

The way we speak to ourselves really matters. We can be our own worst critics.

Your 'mind bully' is your inner critical voice fuelling Imposter Syndrome, making you feel less than others.

You can create distance from your 'mind bully' by raising your awareness of when it is around, and replacing the negative thought with a more compassionate, empowering one.

*Awareness + higher thought = Change*

*stop believing the mean  
voice inside your head*

## EXAMPLES OF AFFIRMATIONS

Replace I can't do this I will fail, with I've done it before and I can do it again

Replace I got lucky, with I deserve my success

Replace I am going to forget what I have to say, with I have all the knowledge I need within me

Replace I am feeling stressed, with I will focus on relaxing

Replace If I ask for help I have failed, with asking for help is normal and healthy

Replace If I haven't had a productive day I am a failure, with I might not have the same productivity every  
day and that's ok

**Try and write your own!**

## REMEMBER YOU ARE SPEAKING TO HER



