





## Assessment

- Navigate to [menti.com](https://www.menti.com)
- Enter code [8875 0962](https://www.menti.com/join/88750962)



[menti.com 8875 0962](https://www.menti.com/join/88750962)

- Please answer Yes or No to the presented questions. Answers are ANONYMOUS.
- These questions can help you identify potential obstacles in your career growth.



[menti.com 8875 0962](https://www.menti.com/join/88750962)

- Please share three (3) feelings or emotions when thinking of a possible change in your job or career.
- This word cloud can help us see shared commonalities in our experiences.



## Please Note

This assessment and presentation are for informational purposes only and are not intended as a substitute for professional advice. If you feel you are struggling with career growth or experiencing mental health issues, we strongly encourage you to seek support from trusted individuals or qualified professionals.



## Imposter Syndrome/Phenomenon



## Definition

"Imposter Syndrome happens when there is a mismatch between who you see yourself as currently being, and who you think you need to be to achieve or create a goal, despite the evidence that you're more than capable."<sup>1</sup>

"[A]n internal experience of intellectual phoniness marked by the inability of an individual to internalize professional successful experiences despite having objective evidence of such achievements."<sup>2</sup>



A series of horizontal dashed lines for writing, spanning the right side of the page.















## Paralysis

- I'm comfortable and safe with the known
- I can't give up job security
- I'm not good enough
- I can't go back to a law firm
- I'm scared of trying something new and failing

## Procrastination

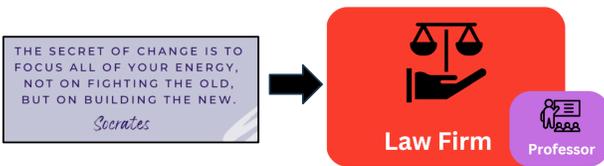
- I've pigeonholed myself
- Applying for jobs takes too much time
- I'm unsure what the next step should be
- Maybe I'm too old
- Being content is enough



#AALL24

AALL / YOUR LEGAL KNOWLEDGE NETWORK

## Today



#AALL24

AALL / YOUR LEGAL KNOWLEDGE NETWORK

## Perfectionism

- I don't know enough to take that request yet
- I'm going to get the answer wrong
- I'll keep at it until I find the answer
- I need to figure this out all by myself

## People Pleasing

- I need to say "yes" no matter what
- I must prove myself to everyone
- I can always work late
- What if someone complains about me
- It's only the flu...



#AALL24

AALL / YOUR LEGAL KNOWLEDGE NETWORK









