Imposter Syndrome

Am I Faking It?

Scotland PHP - Saturday 8th November 2019

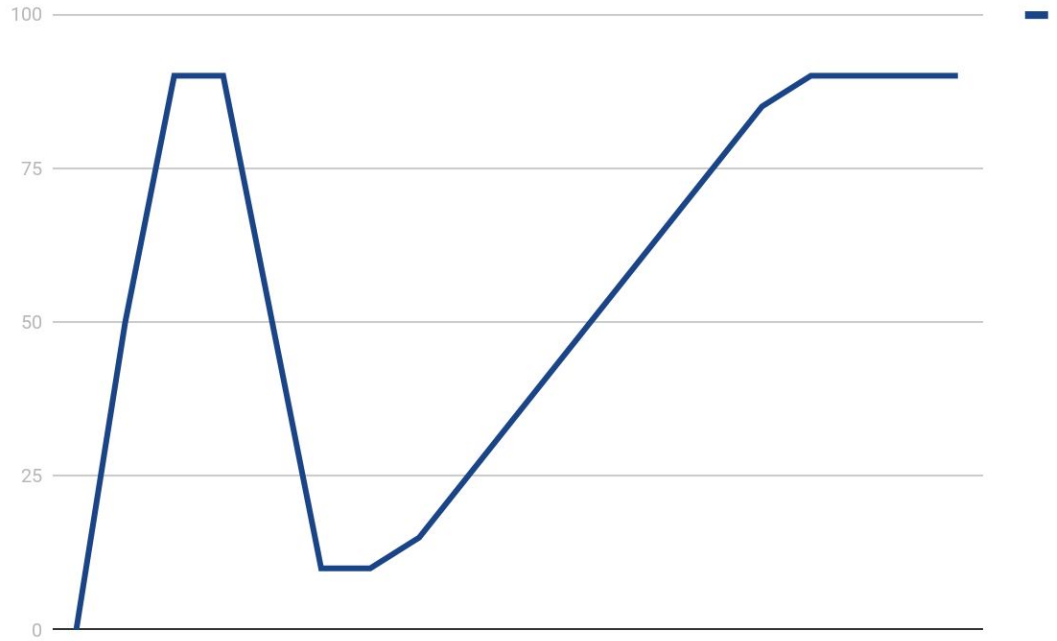
Mark Bradley
@braddle

What is imposter syndrome?

The obligatory Wikipedia Quote

“**Impostor syndrome** is a psychological phenomenon in which people are unable to internalize their accomplishments. Despite external evidence of their competence, those with the syndrome remain convinced that they are frauds and do not deserve the success they have achieved.”

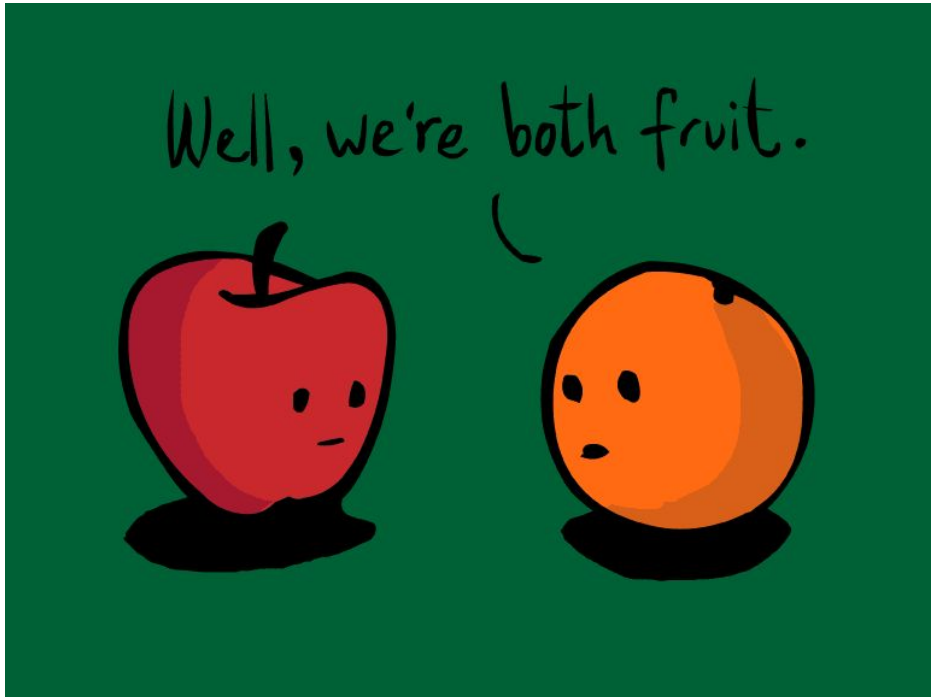
Learning Curve



Why am I talking about this?

Why do people suffer?

Comparing yourself to others



http://functionallies.com/2015/09/22/51-stop-comparing-yourself-to-others/

How you learnt to program

Permie vs Contractor

Experience

Different Skill Set

https://www.flickr.com/photos/raindrift/7095238893

So much you “should” know

Poor Communication

Unconstructive Code Reviews

Matt Brunt
@Brunty
"This is shit, and this is shit. This is extra shit. I don't even know what this is..."
@asgrim @Ocramius
Roave
GIT
MAY THE --FORCE BE WITH YOU
PUSH

Lack Of Feedback

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http://functionallies.com/2015/09/22/51-stop-comparing-yourself-to-others/

Being Passionate

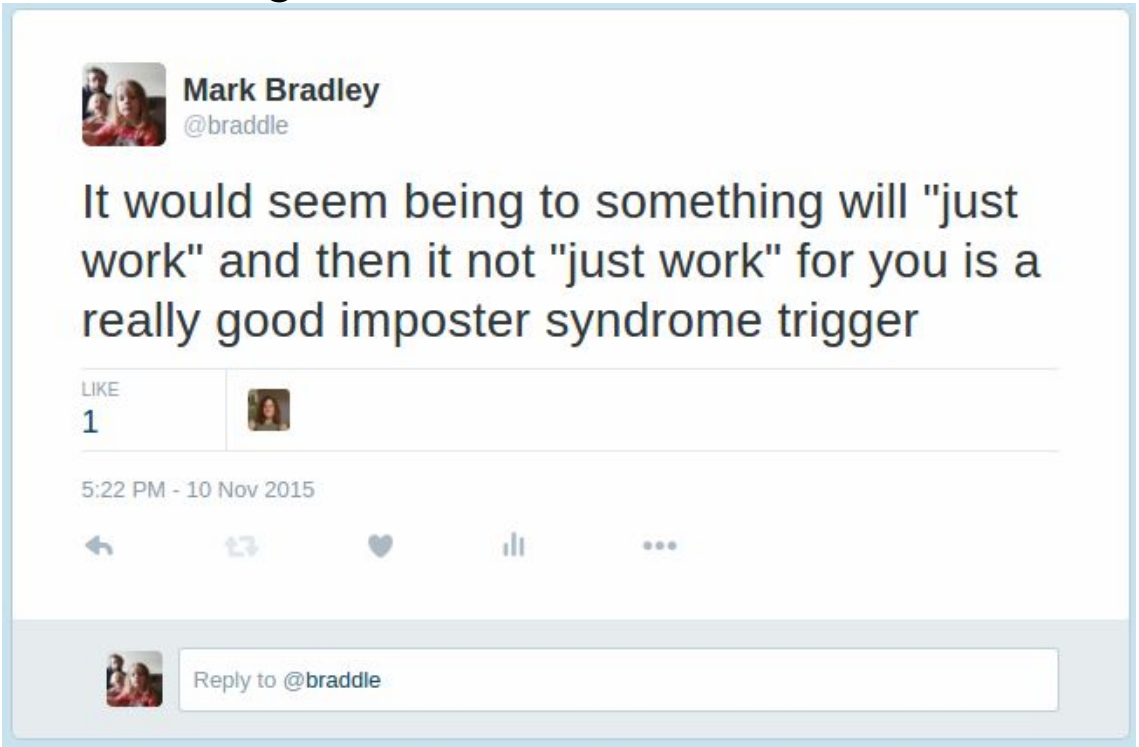
Triggers

Meetups & Conferences

Rafael Dohms

Someone getting your name wrong!

It should just work



Applying For Jobs

Getting a talk accepted

How Does It Affect People's Ability To Do Their Job?

How do people cope with it?

Knowing

Back To Basics

Code Katas

Recruitment Tests

https://github.com/braddle/recruitment-test

Distractions

30 Minute Rule

Jeremy Coates

Celebrate your successes

MAKE YOUR GIF AT YOUREPEAT.COM

Mark Bradley
@braddle

Very productive morning

+269 −1,922

Matt Cockayne
@phpboyscout

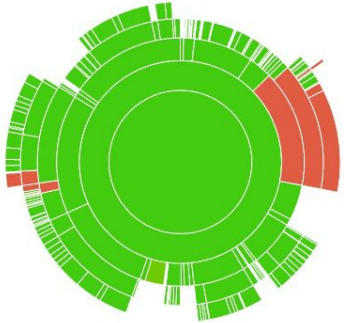
Following

Time to board a plane for my first ever international speaking gig at #phpbnl17

Stephen Ball
@stephendball

Following

Almost there, 85.65%



Mark Bradley
@braddle

I just earned the 'God Save the Queen (Level 26)' badge on @untappd!

God Save the Queen (Level 26)
Mark earned a God Save the Queen (Level 26) on Untappd!
untappd.com

Better Communication

Let’s improve the feedback we give

Constructive Feedback

Better Code Reviews

Pair Programming

Mentoring / Coaching

Meetups & Conferences

Share

Blog / Talk / Video

Imposter Syndrome and Individual Competence

Jessica Rose

https://youtu.be/takIO4YIMow

Open Sourcing Mental Illness

https://osmihelp.org/

Questions?

Thank you

joind.in/talk/af6e3