

How to Defeat Impostor Syndrome Strategies for Career Confidence and Growth

Summary:

The "How to Defeat Impostor Syndrome" workshop provides an open space for women in STEM industries to learn how to overcome feelings of insecurity and fear. 75% of female executives report experiencing Impostor Syndrome while 85% of women have not spoken to someone at work about their struggles, for fear of being seen as weak. Impostor Syndrome is the elephant in the room no one talks. This workshop is designed to provide participants with knowledge to what contributes to Impostor Syndrome and how to develop strategies to defeat feelings of incompetence to improve overall career satisfaction.

Ideal for working women in STEM in any stage of their career, who want to unburden their feelings of Impostor Syndrome and continue to thrive in their tech career.

Topics to be covered:

- Burnout
- Work life balance
- Community building
- Working in toxic environments

What you will learn:

By the end of the class, participants will leave the session with actionable steps on how to battle Impostor Syndrome in their daily lives to improve overall career satisfaction without detracting from personal priorities.

Prerequisites: None

About your presenter: Imee Cuisson is a full stack software engineer, data scientist, and data engineer. After working a decade as an ICU nurse, she learned how to code and is living her dream life working from home and homeschooling her 8-year-old daughter. Her career in tech has enabled her to thrive as a single working mother to a child with a heart defect. Her goal is to help as many women as possible not only start a career in tech but continue to thrive in the industry. Connect with Imee on [LinkedIn](#).

Vitals:

Cost:	\$20 (\$10 CDC members)	Difficulty:	Beginner
Class start time:	6:00pm	Computer:	Not Required
Class Length:	1 hour	Scholarships:	Available
Class size:	20 persons		

Location: 4 Conroy Street, Suite A, Charleston, SC 29403

Parking: Charleston Tech Center Garage