Session SIX: VADM Lisa Franchetti, USN, "Imposterism"

A frequent participant of these sessions and long time role model to MANY of us, she agreed to take time from her duties as Director for Strategy, Plans and Policy (J-5), Joint Staff at the Pentagon, to share her story with us.

Start Time : Dec 18, 2020



Zoom Meeting Recording:
https://zoom.us/rec/share/h1P5J350EmI7wuLyIeSBpk7N147oPfdWdE-AjRJlDgvaw92ti4iPYkpGYFZrWW9-.kHLYe9-87btpL0qU
Access Passcode: ^+vXQv5z

References:

A common phenomenon for high achievers is a nagging feeling that we didn't earn our success, or we don't belong where we landed. No amount of praise from a boss can solve this feeling, but knowing that others feel this way CAN help us.

This super touching, illustrated, 4 minute TED-ED talk on "Imposterism:"

https://www.ted.com/talks/elizabeth_cox_what_is_imposter_syndrome_and_how_can_you_combat_it?utm_source=tedcomshare&utm_medium=email&utm_campaign=tedspread

Summary notes:

Not only did Admiral Franchetti share personal examples throughout her career, but she offered us SIX take-away strategies:

1) Visualize your success
2) Own your accomplishments
3) Collect and revisit positive feedback
4) Talk about your feelings with a friend or trusted colleague
5) Find a centering phrase
6) Decide to be confident