

## **Tackling Imposter Syndrome Together with Inspire Women Oldham**

Date: 31st January 2024

Facilitators: Professor Sarah Marie Hall and Poppy Budworth

During this two-hour workshop, we talked together about Imposter Syndrome. Led by Selina, Mary-Anne and Carrie-Ann at [Inspire Women Oldham](#), this interactive session aimed to empower and uplift participants. Through the practice of zine making, we explored different techniques to express our thoughts and experiences related to Imposter Syndrome. By sharing stories, strategies, and creative insights, we created a supportive and inclusive environment where attendees had opportunities to connect, learn, and grow together as a SEED community. We have digitalised the zines to encourage a continued conversation about Imposter Syndrome amongst researchers and to celebrate our creations.

To learn how to make a zine, download [this guide](#) on collaborative zine making method produced by Sarah, Inspire Women, and the Methods for Change Project. Page seven of this document details how to fold the A4 paper to make our Imposter Syndrome zines.

Thank you to all of those who came along, and to the SEED Social Responsibility Catalyst Fund for funding this event.



Turning over  
a new leaf

Feel the  
LOVE

"From your  
Sox Eggs"

GIVE  
YOURSELF  
A  
BREAK

EMBRACE  
IMPOSTER  
SYNDROME

(Strategies)



Thinking people  
are laughing at me

Together Ness  
Not Alone

Sharing  
Experiences  
With Others  
Helps

Creating  
this life  
has  
been  
cathartic  
and  
lots of  
fun!!  
THANK YOU!!

There  
is  
strength  
in  
solidarity

Some  
knows

FEELING?

Not very

intelligent

UNIVERSITY  
in  
spaces





5 IT SUPPOSED TO FEEL THIS HARD?

Inspired me  
to think about  
doing this for  
another group.

Nice space  
to think and  
connect with  
others



Falling from a place of direction

to  
feeling

frustrated

invisible

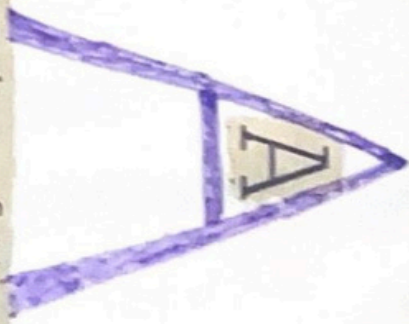
not  
outspoken  
enough

invisible

battled



Waste of time



ANYTIME

ANYWHERE!



'fatigue'

EMBRACE

WE'VE GOT SO MUCH TIME FOR...

GET LOST

find myself



# JUDGMENT



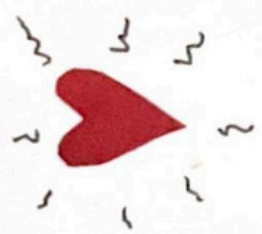
Is there a secret

Codeword

D	C	D
T	A	B
E	A	I

~~Many thanks~~ Best wishes  
~~Kind regards~~  
 Best,

# Anxiety

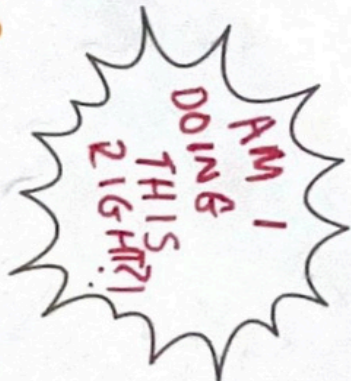


All your reactions seem to be exaggerated and you're taking everything too hard. You can't explain why because you don't understand what's making you feel this way.

LEFT  
OUT



# SYNDROME



# IMPOSTER

- Feedback!
- Cathartic!
- Creative!
- Community!



Disconnected







You're not alone in tackling these feelings!

SELF BELIEF



STOP DENYING YOURSELF OPPORTUNITIES!!

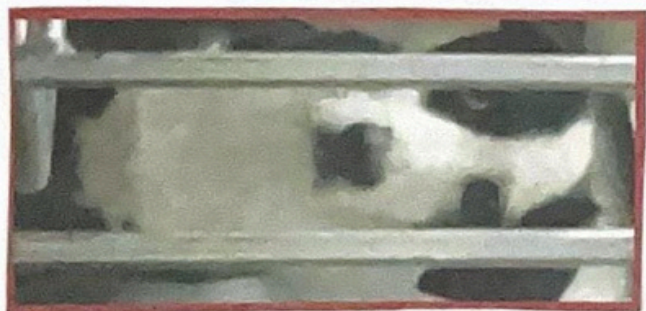
YOU CAN DO IT! YES YOU!

- What have I taken away?
- I'm not alone in feeling this way
- Focusing too much on the negative leaves less room for the positive
- These feelings are not a reflection of innate weakness, they are all externally located.
- We shouldn't deny ourselves the chance to flourish

WHATEVER YOU WANT TO BE, BE YOUR BEST

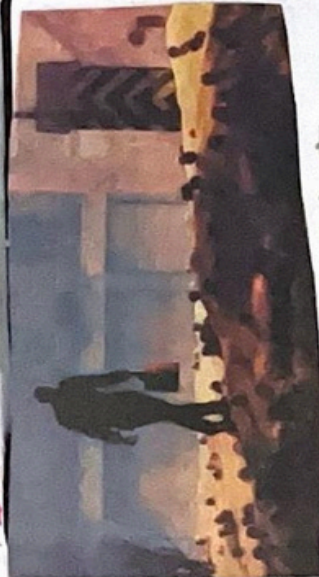


IMPOSTER



SYNDROME

ZINE FOR FEELING IMPRISONED BY



FEELING ALONE IN

NEGATIVE THOUGHTS

SPEAK UP FRIEND

BUT!

Think about whether you are working out the positive and hopeful thoughts! ARE YOU MAKING DECISIONS OUT OF FEAR?

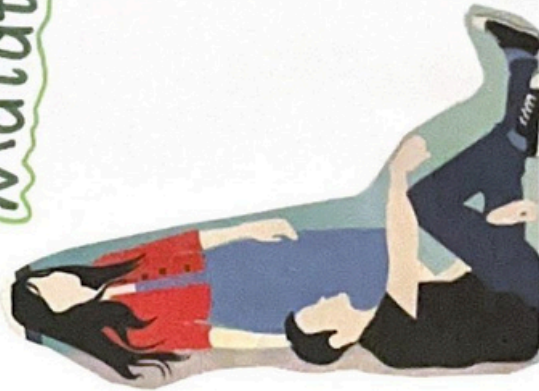
FOR THOSE WHO SEEK FULFILLMENT, BELIEVE IN YOURSELF. TAKE THE LEAP.





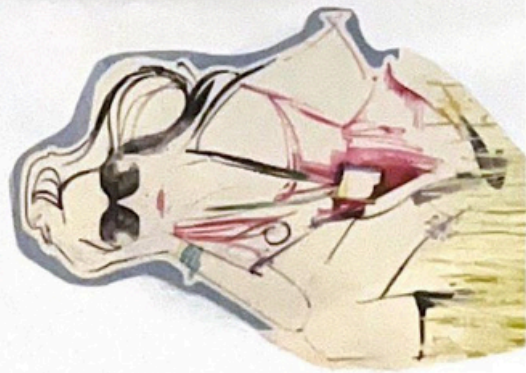


"If someone tells me something juicy I won't tell Piers because probably put it in his own interest"



Matata

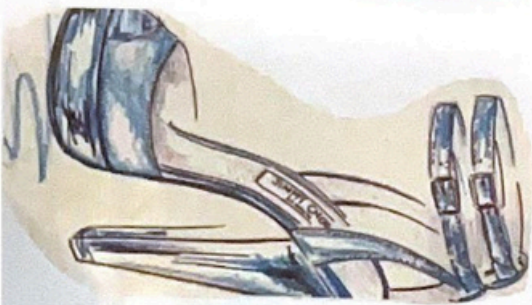
Hakuna



Imposter Syndrome



"Thankfully, women are now pretty well established as a bit more than just the sum of our ladyparts"



Java

KEEP

Calm



DON'T  
CARRY  
ON

The job you loathe, the relationship that's going nowhere... why do we struggle so much with the notion of being a quitter?



sometimes these snapshots of smells don't lead directly into a fragrance, rather they just stay stored in my mind to be used as part of a future scent. I remember the frangipani trees of Africa vividly, the intensity of their smell in the stifling heat. That's a blend I haven't quite cracked - yet. I find France one of the most inspiring countries. For French women, fragrance is all about 'sillage' - the trail scent they leave behind. For fragrance to last, you have to use scented body lotion or body oil after the shower then spray your fragrance liberally head to foot. There are so many beautiful scents out there I would never limit myself to just one fragrance. To experience the full magic of fragrance, you should choose different scents for different times. Travelling to different pockets around the world allows me to create a collection of scents and memories. India is next on my list, I have a feeling I could completely fall in love with it."

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uned

len

ANY LIKE  
LIKE QU



THAT'S BEAUTY  
ONE MORE  
THE BEST IS

- Fencing • Flagging
- Block Paving • Turfing
- Jet Washing
- Brickwork
- Old Sheds Removed

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AR



BEAUTY



.. and to  
be able to  
express yourself  
in the zone

So  
to chat  
to others..

I feel  
so

DIFFERENT

to everyone  
else

OUTSIDE

I'M  
an



PERFECT

EVERYONE ELSE  
is so





## feedback

(ms)

- > The vine making felt cathartic & relaxing
- > Session was engaging, fun & informative
- everyone had a chance to take.
- > made me feel less alone
- > would be good to have some info/info before session as I spent ages deciding how to make it look





Medicare

Men  
wing in,  
it



Posh men

achieving

stuff



I'm  
a

Fake



Don't  
let  
your  
dreams  
kill you...

