

“WHAT THE [BLEEP] DO I KNOW”: IMPOSTER SYNDROME, PROFESSIONAL BOUNDARIES AND BURNOUT

28 & 30 March @ 1:15-2pm

Zoom Meeting ID: 675 7878 5552 (Passcode: 091491)

Imposter Syndrome is a common and human experience among people in all sorts of professional areas. Because we are socially comparative creatures, we tend to look to peers and mentors to assess how we're doing, and we often feel that we fall short. This **BotZoo Wellness Initiative workshop** intends to normalize the experience of Imposter Syndrome and invite you to create a relationship with your inner knowing (or Inner Healer, in other theories) that is not going to hold you back. Negative-self talk is often the voice of our Imposter Syndrome. Who are they, and what are they trying to say?

In an attempt to combat Imposter Syndrome, sometimes we bite off more than we *should* chew (you probably *can* chew it; you're probably chewing it right now) in an attempt to prove oneself. In addition to unpacking the phenomenon of Imposter Syndrome, you may also learn about professional boundaries, developing healthy standards in the workplace, and burnout.

Finally, what can we do about it! The workshop will also include some insights about what self-care is, and the concept of emotional and mental productivity.



Megan McLaren is a Registered Clinical Counsellor in private practice at Qi Integrated Health Inc. Megan's style often involves humour, providing anecdotes, and person-centred listening to help the client achieve ways to reduce the power of unpleasant emotions and experiences that can feel all-consuming. Megan's professional journey has also evolved over time in seemingly unexpected ways, involving imposter syndrome, changes to her environment and field, from policing to school systems to full-time private practice. Megan is also obtaining training for psychedelic assisted therapy.