

TITLE: Own Your Greatness (2020)

Author(s): Lisa Orbe-Austin and Richard Orbe-Austin

My Story:

So many coaching sessions reveal that at certain times in our lives we experience the imposter syndrome. Hence a webinar on the subject drew me in. Often I listen to a podcast or presentation and feel the need to buy the book that underpins the session. This was the case with the July 2021 webinar from the Institute of Coaching, led by author Lisa Orbe-Austin.

Why do I think this is a great book?

This is more than a good read, it is a guided workbook with interactive exercises and research and therapy based learning. The authors are both therapists. It starts with the signs of Imposter Syndrome and an example of the Imposter Cycle as shown below.



The authors suggest using the 3C's strategy to overcome Imposter Syndrome: Clarify, Choose, Create. Subsequent chapters unpick each of these.

If you want to discover more about yourself, the authors refer to the Clance test below:
<https://www.paulineroseclance.com/pdf/IPTestandscoring.pdf>

The Key Learning

- An awareness of your competencies, skills and accomplishments.
- Identification of your major triggers.
- Identify a person or people integral to developing imposter syndrome.
- How to respond differently.
- Sharing feelings with trusted others (maybe your coach?)
- Identification of ANTS (automatic negative thoughts) and learning to silence them.
- Self-care habits and finding an accountability partner
- The value of having a dream team and a non-directive coach 😊

Final comment

This is not a book which simply provides a great read, it will take time to move through it and take time to complete the workbook activities. Personally, I love the fact that it is backed by research studies.