

Leadership Confidence Toolkit



3 Tools to Tame Imposter
Syndrome and Lead Boldly

Kelly's

Coaching
Community

Get the Best **You** Out of **You**

Quick Self-Assessment

Which imposter pattern do you fall into most often?

Check the statements that sound like you:

The Perfectionist

- ☐ I feel like nothing I do is ever good enough.
- ☐ I overprepare before big meetings or presentations.
- ☐ I get stuck tweaking details instead of moving forward.

The Overworker

- ☐ I feel like I need to say “yes” to everything.
- ☐ I measure my worth by how much I accomplish.
- ☐ I often burn myself out trying to prove myself.

The Hesitator

- ☐ I delay speaking up until I’m 100% certain.
- ☐ I hold back from taking risks for fear of failing.
- ☐ I sometimes pass on opportunities because I doubt myself.

The Lucky Leader

- ☐ I don’t really deserve this promotion/position, I just happened to be in the right place at the right time.
- ☐ The only reason people listen to me is because they haven’t figured out yet that I don’t actually have all the answers.
- ☐ I didn’t earn this success. Anyone else could have done it if they got the same break I did.

Your Quick Win: The pattern you check most is where imposter syndrome is likely tripping you up. Awareness is step one—once you name it, you can start to reframe it.

One Myth-Busting Reframe

Myth: *"If I struggle with imposter syndrome, it means I'm not qualified."*

Truth: Imposter syndrome is most common among high achievers. It shows up because you care about doing well and you're stretching into bigger roles. It's a signal of growth, not incompetence.

Quick Win Reframe: Next time doubt creeps in, remind yourself: *"This isn't proof I don't belong—it's proof I'm growing."*

Mini Word Palette for Confident Leaders

Small shifts in your internal dialogue (mindset) can create big shifts in presence.

Here are 3 swaps you can start using today:

Instead of: "I'm not sure or I'm not ready..."

Think/Say: "I'm ready to learn and grow. I may not have all the answers, but I have the skills to figure it out."

Instead of: "I just got lucky"

Think/Say: "My preparation and effort created this opportunity and I stepped into it."

Instead of: "I don't belong here."

Think/Say: "I was chosen for this seat for a reason. My perspective adds value."

Quick Win: Try one of these swaps today and notice how differently you show up.

Wrap-Up

This Toolkit gave you:

- Awareness of your imposter pattern.
- A myth-busting reframe to shift your perspective.
- A few mindset swaps to boost confidence in the moment.

These are just a starting point. Choose to continue to trust your voice, act without second-guessing, and lead with confidence that inspires your team.