

URL: <https://stvp.stanford.edu/clips/outsmarting-imposter-syndrome-explicit>

Gabriel Parisi-Amon, co-founder, CTO and COO of Nebia, tackles imposter syndrome head-on. He explains how it begins: several small doubts creeping into your mind then growing into a mental block, which can lead to burnout. The cure for imposter syndrome? He says to train the voice in your head to give positive self-talk.



Transcript

- So what can you do about the doubt? The doubt goes by another name, it's called Imposter Syndrome and happens to a lot of people.. A lot of people in Silicon Valley, budding business, and also academia.. The first thing you can do to combat it is just recognize doubts.. You observe them, you're okay with them.. You don't need to prove them wrong, you don't need to work a 100 hours a week, you just notice they come up and you observe what triggers them.. Second, a little bit of positive self talk goes really far.. We're often hardest on ourselves.. When you catch that voice in your head beating yourself up, just stop it.. Imagine you were giving your best friend advice, I guarantee you wouldn't be so mean to him.. And lastly, put one foot in front of the other..

Start doing that thing that terrifies you that you doubt you can do.. You will notice two things, one, you can do it, and two, everyone else is kind of full of shit too.. They're just learning as they go.. And to ensure you don't let, you know, the stuff get to your head, you don't drink your own Kool-Aid, make sure your friends are the ones who were around before you were a famous co-founder or there is TechCrunch articles written about you and make sure they call you on your BS...