

Turn Your Imposter Syndrome into a Champion Mindset Discussion Guide Samorn Selim

General Discussion Guidelines

Actively engaging with the video's content is central to an effective watch party. Good discussion questions are a major tool. They get people started talking with each other in a way that adds value to their experience of the video. Ask "open-ended" questions. These are questions that don't have "one right answer," and they can't be answered in one or two words like "yes" or "no."

Acknowledge your role at the outset. You likely want to participate in the discussion like everyone else. To reduce the risk of being seen as the "expert," acknowledge your role as a participant, in addition to asking the discussion questions. Beforehand, think about how you'll address information requests or action items that may arise. (For example: Will you ask for volunteers to research and report back?). Otherwise, people may assume that you'll take responsibility.

Plan an intentional sequence of questions to guide the discussion. The following sequence follows the natural path the mind takes with new information. It's a good idea to start with an "objective" question that asks what people saw or heard, without any evaluation. Each level of question (1-4) builds on the preceding one. It's rare to have time for more than a few questions, so be selective about which questions you plan for your group.

- 1. **Objective Questions** give participants a chance to focus in on the content. These give everyone a chance to quickly participate from the start. One quick objective question is often enough.
- 2. **Reflective Questions** call up listeners' impressions, reactions, and thoughts.
- 3. **Interpretive Questions** get people thinking about the meaning the content holds for them. Making connections between the content itself, and their broader world.
- 4. **Decisional/Action Questions** stimulate participants to commit to doing something differently or something new (big or small).

See <u>6 Steps to Hosting a Watch Party</u> for sample questions that apply across many topics using this sequence. You can also engage participants through a relevant exercise or skills practice. (Active engagement is key to people's consolidating what they've learned.) Consider a short discussion first.

<u>Turn Your Imposter Syndrome into a Champion Mindset - Samorn Selim</u> <u>Suggested Discussion Questions</u>

Objective Questions:

- What were the ways Samorn described that imposter syndrome can affect people's careers?
- To "kick imposter syndrome to the curb," Samorn described actions in 3 categories...Awareness, Acceptance, and New Stories. Which one struck you the most?

Reflective Questions:

- Why do you think Awareness is important in combatting imposter syndrome? How about Acceptance?
- How do you think it helps to identify new stories that make you feel strong?







Interpretive Questions:

- What questions do you still have about Imposter Syndrome?
- What issues or concerns did Samorn's suggestion about [one of the following] raise for you?
 - Awareness
 - Acceptance
 - New stories/beliefs
- How can the ideas that Samorn shared be useful to you in your UC Berkeley career?

Action Questions

- What idea could you apply to your own career development?
- How might you try out one of Samorn's suggestions?







NOW Conference 2019 Recorded Session Timeline			Session Title: Turn Your Imposter Syndrome into a Champion Mindset	
Start Time	Duration	Slide	Segment theme or Main Point	Facilitation Suggestions
0:00	0:38		Opening - "Who feels like a rock star coming to work"; "Who wants to feel like a rock star coming to work"	Introduce, then
0:38	4:28	Turn Your Imposter Syndrome Into A Champion Mindset Presenter Presenter - Career Unicoms - Season Solin, Presente a Casalon py Director Source Unicoms - Control Sylvanian Solin, Presente a Casalon py Director Source Unicoms - Control Sylvanian Solin, Presente a Casalon py Director Source Solin a Sylvanian Solin	Introduction to the presenter and topic	show video
5:06	1:07	Program Agenda Definition of imponer syndrome Common thoughts around imponers syndrome Imput of imponer syndrome on careers Nak imposers syndrome on the cub Deskling a champion mindust Comman with your true shains. QRA Consequinformacon	Program agenda	







6:13	7:27	Definition of imposter syndrome - Pedings of inadequery - One's success in the on charce or lack - Success is the on charce or lack - Despite collection of dalls and qualifications - 7% of collection of talls and regularity syndroms - The collection of talls and regularity syndroms - Collectifications	What is Imposter Syndrome? Who can relate? (Audience responses including intersectionality of gender, race & other factors.)	
13:40	4:08	Common thoughts around imposter syndrome - "I seed one file!" - "I find the a false" - "Placeting of so by deal!" - "Stoccess of so by deal."	Common thoughts around imposter syndrome	Show video
17:48	2:38	Impact of imposter syndrome - Theting of immorthises southing in precisional	Two ways imposter syndrome impacts people's careers • Procrastination • Perfectionism	
20:26	0:40	Kick imposter syndrome to the curb career Unicoms • If a request held a receive and the second posterior last. If the end • What are the areas you set, younged you have differently? • What would you shy differently?	Kicking imposter syndrome to the curb. Discuss 3 questions • Has imposter held you or someone you know back? How so? • What are the stories you tell yourself? • What would you do differently?	If time allows, pause the video and add 2-3 minutes for pairs to discuss the questions.







21:06	6:06	Kick imposter syndrome to the curb Career Unicorns - Has arganese held some of converses, you know look! Has set! - What are the strates you and young! - What would you do didicently?	Audience responses	In pairs discussion was held, add 5 min. And elicit comments from participants
27:12	2:17	Building a champion mindset - Acceptance - Acceptance - New contextheleft - Accident Conceptanticont.com	Building a champion mindset - actions for addressing Imposter Syndrome in 3 areas: Awareness, Acceptance, New stories/beliefs. Think of/discuss a new, positive story	If time allows, pause the video and add 5 minutes for pairs to share a new story.
29:29	7:50	Building a champion mindset - Authorizat - Acqueure - New Antidochidoch - Action Consecutional Conference Conference Consecutional Conference Conferenc	Audience responses - positive stories for a champion mindset and how those positive thoughts are beneficial	In pairs discussion was added, add 5 minutes and ask for volunteers to share what it felt like when thinking of a story of their strength.
37:19	1:59	Connect with your true desires - storied resplayers are are regupal or storied disrigual to wak - Sense research - Groups aprex - Trouts aprex - I solonous phone that opportunities	Connecting with your true desires. Engaging in your work and setting intention	Show video, then pose 1-3 facilitation question from the discussion guide.







39:18	3:07	10-11	Recap:
		Contact Samorn - samon@coretunicoms.com for quesions or complimentary consult session - samon@coretunicoms.com for Turn Your Career From Dread to Joy Chicle	Overall audience takeaways
		Questions? Career Unicerns careerunicons.com	
	42:25	Total Duration (without added time fo	r pairs discussions)



