



July 2019

## Challenging Impostor Syndrome

Howdy, PowerHouses! Have you ever felt like you don't belong? Like your friends or colleagues are going to label you as a 'fraud' - or discover you don't actually deserve your job and/or accomplishments? Do you feel unworthy of your successes?

You're not alone! These feelings are actually known as impostor syndrome. Impostor syndrome - or the idea that you've only succeeded due to luck, and not because of your talent or qualifications - has become an increasingly common symptom in today's society and can often lead to depression and anxiety surrounding performance, particularly for women who often doubt their own abilities comparatively to others.



So, what can you do to combat those pesky feelings of inadequacy - especially when they're not based in reality?

1. **Look at the evidence.** We are scientists after all. What sort of goals have you set for yourself? Are you meeting them? Exceeding them? If the evidence suggests that you are doing a great job at work, why can't you believe it? Put aside the self-doubt and look at the data.
2. **Celebrate your successes.** Confident people own their accomplishments. Individuals that suffer from impostor syndrome often think their successes are the result of getting lucky, slipping by, or having outside help. Even if you "got lucky" or had outside help, it was still your success. Own it. Stop feeling guilty or not worthy of your success and celebrate your victories.
3. **Remember, lots of people feel this way.** Feeling like a fraud is normal. Impostor syndrome is widespread, but rarely talked about; each person feels like they are keeping a secret. Psychological research done in the early 1980's estimated that **70 percent** of all people feel like fakes at one time or another. In reality, the same people you fear will expose you as a fraud are probably feeling like an impostor themselves.
4. **Fake it 'til you make it.** Sometimes faking it is okay. If you don't feel confident, pretend you do; by imitating confidence, competence and an optimistic mindset, you can realize those qualities in your real life.
5. **Stay humble.** Suffering from a little bit of impostor syndrome is okay. It keeps you motivated to keep learning and working hard. Just don't let your self-doubt prevent you from going after a big promotion or enjoying your successes.

In addition to this, check out our PowerHouse blog posting titled [Defrauding Yourself - Challenging Impostor Syndrome](#) for helpful websites, videos, and thought provoking questions to challenge your inner-critic.

Until next month,  
Maggie

# Engage your Community - with PowerHouse Montana!



## PowerHouse Montana Gatherings

July's PowerHouse Theme:  
**Get Out There! Month**

**Monday, July 22nd at 6:00pm**

[PowerHouse Billings](#)

Wild Rose Paintball  
715 Wild Rose Ave.  
Billings

**Monday, July 22nd at 5:30pm**

[PowerHouse Great Falls](#)

The Celtic Cowboy  
116 1st Ave. S.  
Great Falls

**Thursday, July 25th at 4:00pm**

[PowerHouse Flathead](#)

The Tailing Loop Winery  
1498 Highway 35  
Kalispell

## Featured PowerHouse Opportunities

**Submittable  
Various Positions**

*Missoula, Montana*

[Website](#)

**State of Montana Board, Council and  
Commission Openings, from the  
Office of the Governor**

*Statewide*

[Website](#)

**PowerHouse Montana Jobs Board**

*Statewide*

[Website](#)

### What is PowerHouse Montana?

PowerHouse Montana (in-person) gatherings are a series of events fueled by women in communities across the state of Montana.

They meet on a monthly/quarterly basis to discuss and learn from one another in a casual networking format.

Create your own PowerHouse profile today and start growing with influential women across the state @ [powerhousemt.org/register](https://powerhousemt.org/register)

**PowerHouse Administrative Contact:**

*Maggie@mtcf.org*



The Montana Community Foundation is currently hiring for a Communications and Outreach Manager. This is an ideal position for anyone who is eager to share with others how philanthropy is making The Last Best Place even better.

Check out the listing on our website, [here](#).

## Featured PowerHouse Articles and Resources

**Wendy Red Star's Art Celebrates the  
Indigenous Roots of Feminism**

"Red Star, who grew up on the Apsáalooke

(Crow tribe) reservation near Billings, Montana, admits it was not until she studied art during university that she started questioning her Indigenous roots and making work in response to it. "Why did it take me so long to ask these questions?" she asks rhetorically. Since then, the artist has been using her creative practice to research and share issues involving the history of the Montana landscape, Crow mythology, the importance of family, and the Indigenous roots of feminism. It is through her work that she aims to reveal lesser-known aspects of Crow heritage to the masses - and the distinct ways they've been erased from mainstream culture." [Visualize Red Star's Art, here.](#)



## High School Student starts Healthy Food Stand in Downtown Great Falls

"My goal is kinda just to help people see that healthy food doesn't have to be like gross or super expensive. It can be pretty cheap and delicious," Thompson said.

Last fall, Thompson took a business course at Great Falls High School in which students had to come up with a business idea and participate in a school version of Shark Tank.

Thompson took the challenge a step further and presented her business plan at the Electric City Shark Tank. She won second place among six students." [Check out Wholesome Hal's, here.](#)

## A Woman Will Lead Naval War College For First Time In School's 135-Year History

"A woman has been appointed as president of the U.S. Naval War College for the first time in the institution's 135-year history.

Selecting Rear Adm. Shoshana Chatfield, a helicopter pilot who now heads a military command in Guam, as the college's next leader was a "historic choice," said Navy Secretary Richard Spencer." [Learn more about Shoshana Chatfield, here.](#)

## Gabriella Oliver One of a few Female Electrician Apprentices in Montana

"Oliver works under Chris Campbell at Insight Electric, which services the Gallatin Valley. As a woman in a male-dominated industry, Oliver said she isn't intimidated to become an electrician and hasn't faced challenges besides the lack of bathrooms at job sites.

"I'm just here to go in and do my work, so I'm not worried that there aren't many women around," she said. "This is a job for everyone." [Discover more about Gabriella Oliver, here.](#)

## University of Montana Hosts 19 Students for Native American STEM Camp

"The University of Montana's first Montana American Indian Math and Science camp brought in 19 middle school kids for exciting projects like building computers and assembling model bridges." [More on this, here.](#)

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If you have any questions about [PowerHouse Montana](#), the [Women's Foundation of Montana](#), or would like to make an edit to your PowerHouse profile, please email Maggie Sullivan at [Maggie@mtcf.org](mailto:Maggie@mtcf.org) or call (406) 541-7409.

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## About PowerHouse Montana

PowerHouse Montana is an initiative of the Women's Foundation of Montana with two goals in mind: (1) connecting Montana women with the resources, mentors, and opportunities they need to create thriving businesses and thriving lives, (2) increasing the number of Montana women in leadership by providing a go-to source for organizations and companies looking for their next CEO or board chair.

The Women's Foundation of Montana advances economic independence for Montana women and creates a brighter future for our girls. Learn more at [www.wfmontana.org](http://www.wfmontana.org).

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