

IMPOSTER SYNDROME WORKSHOP with Crystal Huff

*Trauma-Informed,
Trans-Inclusive
Workshop to Address
Impostor Syndrome*

Wednesday, October 16, 2019, 12:00 - 4:00 p.m.

Cincinnati Public Library, Clifton Branch, 3400 Brookline Ave.

To register, contact info@includebetter.com | FREE with student ID

Impostor syndrome is the feeling that we aren't really qualified for the work we are doing and will be discovered as a fraud. Many People of Color, QUILTBAG persons, women, and others from marginalized groups experience this, especially as we've been socialized to value others' opinions of work above our own. People developing new skills are also frequent sufferers.

Want help overcoming your own impostor syndrome? Do you hope to decrease its incidence in your community? This workshop is for you.

Practical exercises and take-home tasks in this workshop will help with understanding impostor syndrome causes, managing the associated feelings, and fostering a better community or organization that doesn't increase impostor syndrome in others.



*About
Crystal
Huff*

Crystal Huff (pronouns: they/them) is the Executive Director of Include Better. Crystal's anti-harassment and impostor syndrome work draws on their years of experience in tech and geekdom. They have been an invited speaker in Sweden, Finland, Iceland, China, Israel, Canada, UK, and USA. Over 2,000 people worldwide have taken Crystal's impostor syndrome workshops.

Crystal speaks fluent English, rusty American Sign Language, and beginner Finnish cussing.

www.crystalhuff.com

