



Defining Imposter Syndrome

"Imposter syndrome is a commonly reported and experienced phenomenon that affects high – functioning, high – achieving individuals, particularly in medicine and healthcare. Due to the many potential detrimental effects of this syndrome on these individuals, in addition to the multiple associated co–morbidities, including depression, anxiety, and other behavioral health issues, the identification, and treatment of those affected with this syndrome are imperative."

- National Library of Medicine



Prevalence in the Workplace

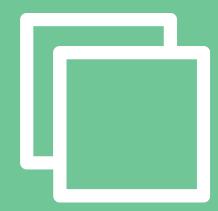
- **Pharmacy Students**
- New Practitioners
- Pharmacists
- Pharmacy Technician

"Adobe Acrobat: PDF Edit, Convert, Sign Tools." Google, Google, chrome.google.com/webstore/detail/adobe-acrobat-pdf-edit-co/efaidnbmnnnibpcajpcglclefindmkaj?hl=en-GB. Accessed 1 Feb. 2024.

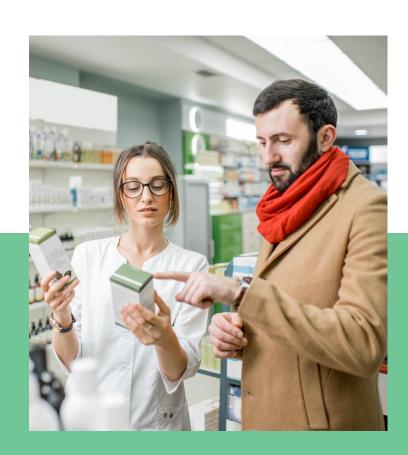
Impact on Pharmacy Technicians

- Lowers performance abilities
- "Let me get my check"
- Less likely to work with a team
- Decrease in job satisfaction
- Inhibits professional growth

Imposter Syndrome



Common Signs and Symptoms



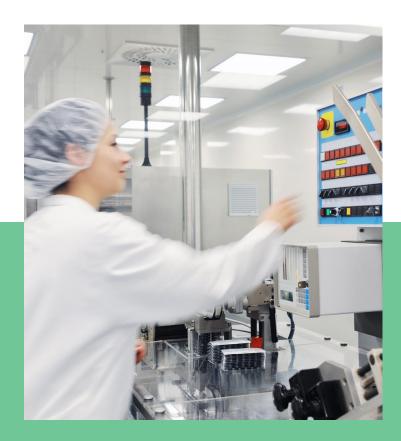
Self – Doubt

A lack of self-worth and self-efficacy.



Undervaluing Contributions

Undermine the worth of their achievements.



Attributing Success to External Factors

Crediting achievements to situational factors.



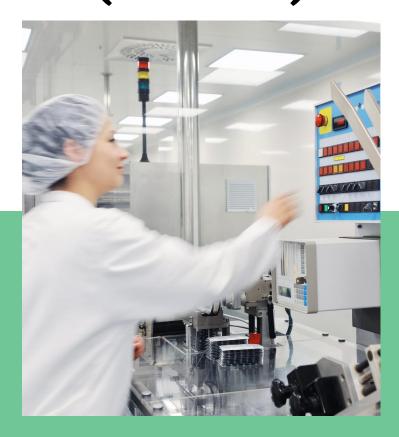
Sabotaging Self-Success

Reinforces feelings of inefficacy

Common Signs and Symptoms (Cont'd)

Setting Unrealistic Expectation

Sensation that our best isn't enough.



Continuous Fear of Not Living up to Expectations

Negating the ability to achieve goals.



Burnout

Pushing yourself to overcome a sense of incompetence

Contributing Facts to Imposter Syndrome

Personal Factors

- Family Environment
- Personality

Social / Institutional

- Social Pressures
- Sense of Belonging

Recognizing Personal Triggers









Being the First



Harassment



Pharmacy Technician Role & Imposter Syndrome Imposter Syndrome



Importance of Competence and Confidence

Competence

- Education
- Mentor/Allyship

Confidence

- Builds a stronger and well-informed pharmacy technician workforce
- Builds leadership and teambuilding

Balancing Challenges in the Field

Be Solution Oriented

Every problem comes with a solution

Run Towards a Problem, Not Away

When you see a problem, address it.

Know Your Tribe

Know who is your support system

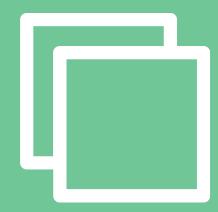
Realizing Your Month



Establishing Worth as a Pharmacy Tech

- Acknowledging Achievements
- Embracing Positive Feedback
- Highlighting Personal Growth

Strategies for Overcoming & Imposter Syndrome Imposter Syndrome



Strategies for Pharmacy Technicians

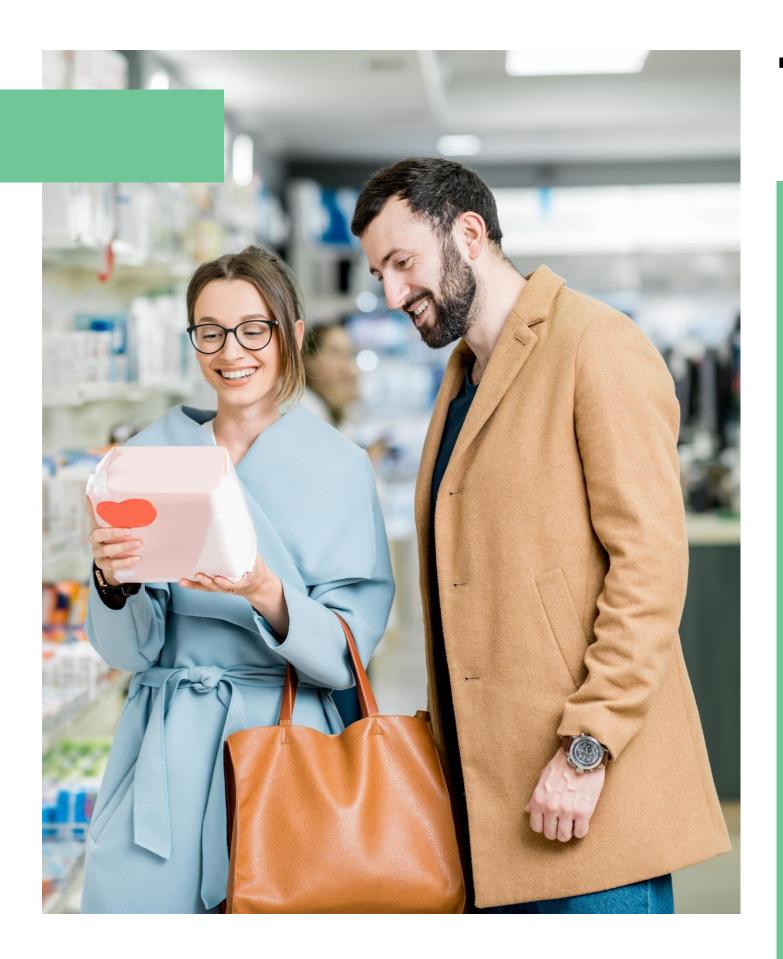
- Setting Realistic Goals
- Seeking Mentorship and Support
- Developing a Growth Mindset

Building Confidence In Your Role



Building Confidence lmlata Time

- Continuous Education and Training
- Embracing Challenges as Opportunities
- Celebrate Your Wins,
 No Matter The Size



To Conclude:

- Pharmacy Technicians are very much capable of having Imposter Syndrome
- There are multiple stressors and factors that contribute to Imposter Syndrome, but there's many ways to combat its symptoms
- Always remember, never suffer in silence. Seek those who know you best to break free of any ounce Imposter Syndrome.