

COSTS OF IMPOSTOR SYNDROME

EMPLOYEES WHO EXPERIENCE IMPOSTOR SYNDROME ARE MORE LIKELY TO:



- Hold back from sharing ideas, asking questions
- Not step up for more challenging opportunities or assignments
- Be overlooked for promotions
- Over-personalize constructive feedback
- Procrastinate on important projects and tasks
- Job hop or otherwise sabotage their success
- Over work and over prepare
- Experience unnecessary psychological stress and fatigue

ORGANIZATIONAL COSTS:



- Fewer ideas and solutions, lost opportunities, reduced talent pool
- Procrastination leads to needless stress, wasted time, and avoidable crisis for both the individual and their team members
- Job hopping results in costly hiring searches
- Over working and over preparing leads to wasted time and productivity and to costly burnout