

TROOST **ILEAD**



Am I smart enough?: Conversations with Dean Yip and alumni about imposter phenomenon

January 20 | 7:00pm - 9:00 pm EST | Zoom

An ILead Real Talk Event

If you've asked, "Am I smart enough? Should I even be here? Do I really know what I'm doing?" this panel is for you. Spend part of your day in conversation with:

Dean Chris Yip

Katie Dristas, ChemE 1T6+PEY

Rumla Omer, EngCEO, CIV 2T2+PEY

Naz Orang, MASC Chem 1T4, PhD Chem 1T8

Alberto Picard-Ami, IndE 1T3+PEY

Take heart by hearing from and speaking with others who have experienced imposter phenomenon, and worked through experiences of discouragement and feelings of inadequacy. The panel will be mixed with short exercises where you'll identify the thoughts that feed imposter phenomenon. You'll practice reframing the narrative in your head so that you can access your confidence and self-trust on the path of continuous learning. Then, take the tools with you to keep by your side!

Register by January 18, 5pm EST uoft.me/smartenough