Have you ever asked yourself am I good enough to do this job? Or said I don't think I can do this job. This is imposter syndrome. The official definition describes it as "high-achieving individuals who are marked by an inability to internalise their accomplishments and a persistent fear of being exposed as a ‘fraud’." In today's employee check-in, we explore the term coined by Pauline Rose Clance in the 70s and look at tips on how not to let it hold you back.

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