

Funeral for tragic Johnny, 22

BY NICOLA DONNELLY

THE funeral of a young dad who was tragically killed by an express train is to take place later this week.

Jonathon (Johnny) Hughes Flanagan died after the horrific incident at Gormanston Train Station in Co Meath last Wednesday.

The death of the 22-year-old from Skerries, Co Dublin, has left local communities numbed and shocked. It is believed the young dad, who was living in Balbriggan, and a pal, were taking a shortcut via the railway tracks when a Dublin to Belfast express train collided with him.

Jonathon, who was living close to the area, was treated at the scene by emergency services but he was later pronounced dead.

His body was taken to Navan mortuary for a post-mortem. His pal, aged in his 30s, was treated for shock at the scene.

Jonathon is survived by his parents Ann and John, sister Raeann, brother Jai and Luke, step-mum and dad Lorraine and John, his daughter Macie and his extended family and a large circle of friends.

His death notice on RIP.ie stated his funeral arrangements will be announced later.

A series of investigations are under way following the tragic incident.



NOTICE Johnny

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HOW TO DEAL WITH YOUR IMPOSTER SYNDROME



STRUGGLE Einstein

BY MICHAELA BRADY

PHILOSOPHER Bertrand Russell stated: "Fools and fanatics are always so certain of themselves and wiser people so full of doubts."

His words predate what we now call imposter syndrome – generally described as not believing in your true abilities and feeling like a fraud.

Statistics show 70% of us will experience imposter syndrome at some stage.

I know I have. I'm accompanied by countless celebrities, from Hollywood actors such as Natalie Portman, Michelle Pfeiffer and Tom Hanks to musicians such as Lady Gaga and Chris Martin.

Co Wicklow TV star Laura Whitmore recently said: "I spent a lot of my life faking it until I make it, expecting someone to tap me on the shoulder and say, 'OK, Laura, fair enough, you don't belong here, get out of here'."

Actress Niamh Algar, recognises it and believes it's a positive force, saying: "I think it's good to have imposter syndrome because it reminds you of how important the job is."

Tom Hanks confessed to thinking: "When are they going to discover that I am in fact a fraud and take everything away from me?"

While Lady Gaga stated: "I still sometimes feel like that loser kid in school, and I have to tell myself every morning I'm a super-star".

Even Albert Einstein wasn't immune.

The genius once said: "I feel compelled to think of myself as an involuntary swindler."

Although particularly prevalent among the super-successful, imposter syndrome can affect anyone, regardless of social status, career, education, gender or age. Even if you haven't been hit with it, chances are your partner, children or colleagues may get a dose of it.

So what do we understand about it?

Let's investigate imposter syndrome and its influences, the impact, and most importantly how to free yourself from it. I will introduce you to a framework I have created which has not only helped my clients thrive, I've also put it to practice myself. For now though, let's get to know this syndrome a little more.

What is imposter syndrome?

As the title suggests, those suffering from imposter syndrome are plagued with feelings of self doubt and a ferocious fear of being exposed as a fraud, despite the accolades and achievements that have paved the way for their success. Although it's not classified as a psychological disorder, it has been studied by psychologists, namely; Pauline Rose Clance and Suzanne Imes who coined the term following their study of successful women in 1978.

Their paper The Imposter Phenomenon defined it as: "An internal experience of intellectual phoniness that appears to be particularly prevalent among high-achieving women. It's a persistent, internalised fear of being exposed as a fraud. They remain convinced they do not deserve all they have achieved, attributing it to luck or deceiving others into thinking they're more intelligent." They concluded



FRAUD SQUAD Lady Gaga, Tom Hanks, Niamh Algar & Laura Whitmore all dealt with it

» 70% of us admit to feeling we don't belong

» Advice on how to deal with lack of certainty

Fake views

"Despite outstanding academic and professional accomplishments, women who experience the imposter phenomenon believe that they are really not bright and have fooled anyone who thinks otherwise."

Are you prone to it?

To assess if you may be prone, ask yourself: do you assume your success is a stroke of luck as opposed to your skill set? Do you cringe when complimented and downplay achievements?

Perhaps you're obsessed with perfectionism and petrified of failure? Maybe you dread others will discover you are a phony? If you or someone you know can relate to any of this then please read on.

What is the impact?

The presence of that inner critic, flagging faults and flaws over achievements can have a substantial impact on mental health and wellbeing.

Common effects I've witnessed with my clients include: anxiety, stress, burnout, depression, self-sabotage and co-dependency.

Is it good or bad?

That's the question. I believe, it's both. It can be detrimental if one is in a constant state of self doubt; however, the right dose of dread of exposure can actually motivate you towards success. Let me introduce you to the framework I created to flush out fear and outsmart my inner imposter. I call this The 3 Ps.

1. Positive mindset - Once, I was asked to speak at an international conference on mental health and wellbeing. I was sharing the stage with experts in the field including: Medical Professionals, Ted Talkers and Published Authors

I remember reflecting: 'I haven't achieved this level of success, am I accomplished enough to be doing this talk?' Ironically, my presentation was on the power of positive thinking!

So I thought: "I'll practice what I preach."

2. Prepare - Whether it's a presentation, interview, exam or negotiation, it is vital to do the groundwork. I rehearsed my presentation to the point that I knew it off by heart. I was also patient as I knew it would take time to create a confident mindset

3. Practice - To quote the phrase: practice makes perfect. Repetition equals reconition.

I repeated my mantras for weeks until doubts were replaced with feelings of confidence and competence.

Whether you feel worthy or unworthy, a fraud or the real deal really is a matter of mental programming.

With the right dose of positive thinking, preparation and practice, we can invade the imposter and learn to shine.

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