70% of us

admit to feeling we don't belong

Advice on

how to deal with

lack of certainty

Funeral for tragic Johnny, 22

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-yearold from Skerries, Co

THE funeral of a young dad who dad, who was living in Balbriggan, the scene. was tragically killed by an express and a pal, were taking a shortcut Jonathon is survived by his collided with him.

treated at the scene by of friends.

emergency services but he

His death notice on RIP.ie stated

communities numbed and NOTICE Johnny mortem. His pal, aged in incident.

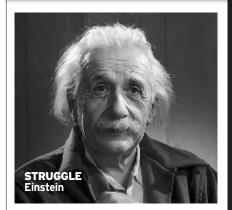
via the railway tracks when a parents Ann and John, sister Dublin to Belfast express train Raeann, brother Jai and Luke, stepmum and dad Lorraine and John, Jonathon, who was living his daughter Macie and his close to the area, was extended family and a large circle

was later pronounced his funeral arrangements will be announced later.

His body was taken to A series of investigations Navan mortuary for a post- are under way following the tragic

HOW TO DEAL

WITH YOUR IMPOSTER SYNDROME



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 mposter 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

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

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

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 of my life get a dose of it. faking 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 the term following their study of not only helped my clients thrive, I've successful women in 1978. also put it to practice myself. For now What is imposter syndrome?

until I

make it

with feelings of self doubt and a fero- exposed as a fraud. They remain cious fear of being exposed as a fraud, convinced they do not deserve all they despite the accolades and achievements have achieved, attributing it to luck or that have paved the way for their deceiving others into thinking they're success. Although it's not classified as a more intelligent." They concluded

psychological disorder, it has been studied by psychologists, namely LAURA WHITMORE ON auline Rose Clance and Suzanne Imes who coined

Their paper The Imposter Phenomthough, let's get to know this syndrome enon defined it as: "An internal experience of intellectual phoniness that appears to be particularly prevalent As the title suggests, those suffering among high-achieving women. It's a from imposter syndrome are plagued persistent, internalised fear of being

"Despite outstanding academic and professional accomplishments, women ging faults and flaws over achievements who experience the imposter phenom- can have a substantial impact on mental enon believe that they are really not health and wellbeing. bright and have fooled anyone who thinks otherwise

Are you prone to it?

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To assess if you may be prone, ask co-dependency. vourself: do vou assume vour success is a stroke of luck as opposed to your skill and downplay achievements?

tionism and petrified of failure? Maybe ally motivate us towards success. Let me you dread others will discover you are a introduce you to the framework I created phony? If you or someone you know can to flush out fear and outsmart my inner relate to any of this then please read on. imposter. I call this The 3 Ps. What is the impact?

Common effects I've witnessed with

The presence of that inner critic, flag-

my clients include; anxiety, stress, burnout, depression, self-sabotage and

Is it good or bad?

That's the question. I believe, it's both. set? Do you cringe when complimented It can be detrimental if one is in a the power of positive thinking! constant state of self doubt; however, the Perhaps you're obsessed with perfec-right dose of dread of exposure can actu-

1. Positive mindset - Once, I was

asked to speak at an international knew it would take time to create conference on mental health and wellbeing. I was sharing the stage with experts in the field including; Medical Professionals, Ted Talkers and Published

I remember reflecting: 'I haven't achieved this level of success, am I confidence and competence. accomplished enough to be doing this talk?' Ironically, my presentation was on

So I thought: "I'll practice what I

2. Prepare - Whether it's a presentation, interview, exam or negotiation, it is vital to do the groundwork. I rehearsed Michaela is a psychotherapist my presentation to the point that I knew consultant and speaker. it off by heart. I was also patient as I

confident mindset

3. Practice - To quote the phrase: practice makes perfect. Repetition quals recondition.

I repeated my mantras for weeks until doubts were replaced with feelings of

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



news@irishmirror.ie APPROACH Michaela Brady

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ON SALE NOW

FORGES HER OWN

GARTH BROOKS

OUR FUN QUIZ TO