



Human Optimization

Pod Club Discussion Questions



E55 Overcoming Self Doubt and Imposter Syndrome

Guest: Cade Cowan, Managing Partner | Executive Development Consulting – Atlanta, GA

The three big questions explored in the podcast:

Question 1

What exactly is “imposter syndrome”? What are the downsides?

Question 2

How common is self-doubt and how can we tell if it’s impacting us?

Question 3

What steps can we take to overcome imposter syndrome and develop healthy confidence to become our best selves?

Discussion Questions:

1. The podcast distinguishes between imposter syndrome (high competence, low confidence) and low self-confidence (global lack of belief in ability). Think about a time when you experienced one versus the other. How did your actions or feelings differ in those situations?
2. Cade mentions the Dunning-Kruger effect as the opposite of imposter syndrome (low competence, high confidence). How might recognizing both imposter syndrome and the Dunning-Kruger effect help us achieve a more balanced and realistic self-assessment?
3. The discussion highlights the "cycle of imposter syndrome" – a trigger event leading to anxiety, overwork or procrastination, success, and then explaining that success away. Think about a time when you experienced this cycle. What was the most challenging aspect for you?
4. The speakers discuss how environmental factors, such as work culture or societal pressures (like social media's "highlight reels"), can exacerbate imposter syndrome. What specific aspects of your current environment might be contributing to feelings of self-doubt? What is one way you might address this?
5. Cade shares a personal story about presenting to a CEO at 28, realizing he should "stay in his zone of expertise." Consider your own "zone of expertise." What helps you feel comfortable sharing what you don't know in professional or personal settings?
6. The idea of "confident humility" is introduced, emphasizing the ability to say "I don't know" while still being confident in one's ability to learn. How can you practice this balance in your daily interactions?
7. The podcast suggests that imposter syndrome is a "universal experience" and that "everybody else is doing it." How does knowing this change how you interact with others who might be experiencing imposter syndrome?
8. Based on this episode, what is one small change you are going to make to help improve in this area. How are you going to keep yourself accountable to that and measure your success? (Be sure to keep it simple, start small, and make it very clear).