2024 Women in Engineering Conference

CSULB 100+ Women Strong Coaching Circle

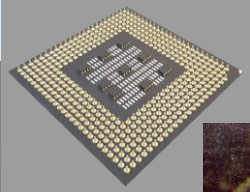
Imposter Syndrome

Three Goals for Today:

- #1 Learn **WHAT** Imposter Syndrome is as Knowledge is Power
- #2 Understand **HOW** to conquer any insecurities this may cause
- #3 Find out **WHO** you can add to your growing network to be a mentor

My Journey

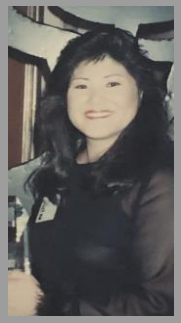
EXPLORE



BEFORE Professional Job

- Electrical Engineer
- Design rad hard circuits
- Tried different roles

EXPERIENCE



Industry Growth

- Working mom (3 children)
- Top Performer
- Built Personal Brand

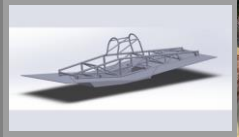
EMPOWER

Giving Back

- Leadership Sponsor
- Company Ambassador
- Industry Advisory Board Member

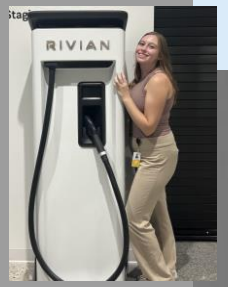
My Journey

EXPLORE



EXPERIENCE

EMPOWER



College

- Mechanical engineer
- USC solar car design team mechanical lead
- Dipped my toes in robotics Center for Advanced Manufacturing

Internships

- Civil engineering internship at Jacobs 2019
- Pandemic 2020… learned to code!
- Ford mechanical engineer internship exterior lighting 2021

Rivian

- TRAIL rotational program (cancelled)
- Product design Engineer charging products
- Rivian Women's Network mentor + mentee

My Journey

About Me

Married 26 Years

2 Daughters, 14 & 10

5 month puppy Itzy Boo

Born and Raised Santa Ana

Riverside Community College

Chaffey Community College

Career

Software Industry 22 years

Pre sales Product Engineer

Account Executive

License Compliance Manager US

WIN@S Costa Mesa Siemens Lead

WIN@S Community Chair

Toastmaster Secretary Costa Mesa Siemens Club

My Journey

Life as a Student

- Subway Sandwich Artist
- CSULB SWE President
- Civil Engineering Intern

Industry Growth

- Southern California Edison (SCE)
- The Walt Disney Company
- Intuit

Giving Back

- Vice Chair of Habitat for Humanity Young Professionals
- EmpowHER Institute Mentor
- Disney VoluntEARS Leadership Council

What is Imposter Syndrome?

IS NOT:

- A medical condition and psychological condition
- An unknown or uncommon feeling
- A feeling without consequences/

  negative impact

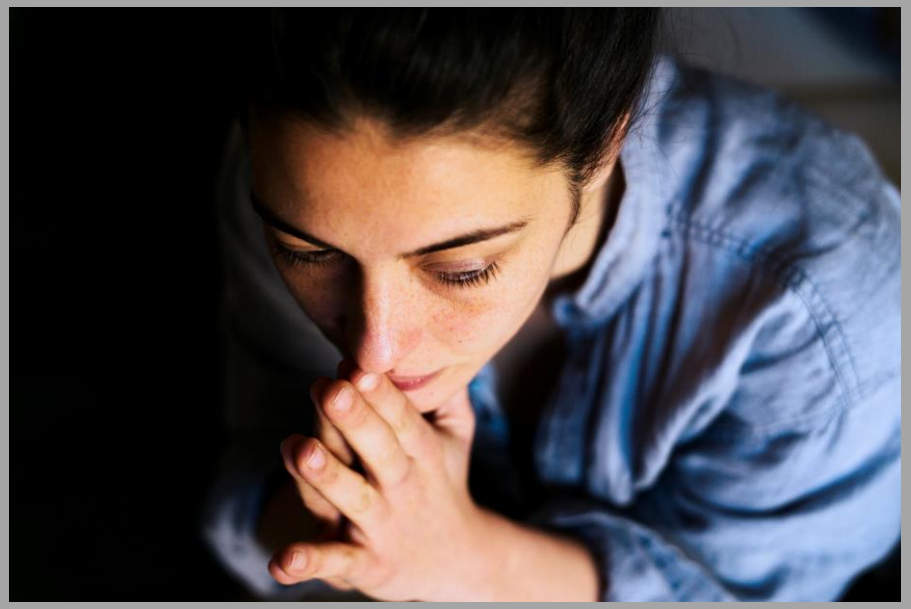
IS:

- 'imposter phenomenon" coined in a 1978 research paper*
- What a large number of people experience
- Can result in anxiety, impacted feelings of self-worth/self-esteem, intimidation

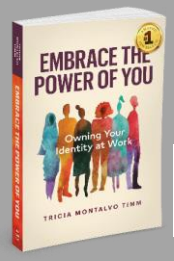
*Pauline R. Clance

Scenarios that may sound familiar…

Not really sure if I can do this???



I am not ?



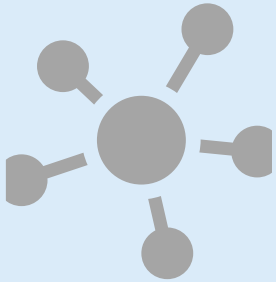
This is an uplifting, positive account of overcoming the odds and one's own self-confidence, acceptance, and feelings of imposter syndrome in everyday life and in the workplace

What you need to know…

Don't hesitate to talk with others

Statistics are in up to 82% of people have suffered from Imposter Syndrome*

- NIH National Library of Medicine,



Build a strong network of support

The list of emotional effects can be:

Depression

Anxiety

Impaired Job Performance

Lowered Job Satisfaction

Burnout

Let’s hear from you...

Open Discussion

Network with Today's Coaches

Mia M. Fujii

Country Business Develop Executive

SIEMENS DISW

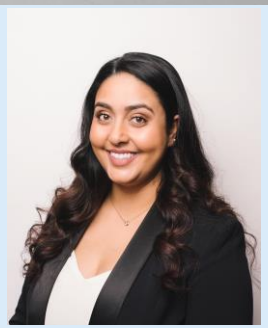
UC Irvine BSEE

Becca Chanowitz

Product Design Engineer

Rivian

USC BSME



Sandra Labib

Fraud Prevention PMO Lead

Intuit

CSULB BSCE

Lorena Rubalcava

License Compliance Manager USA

SIEMENS DISW

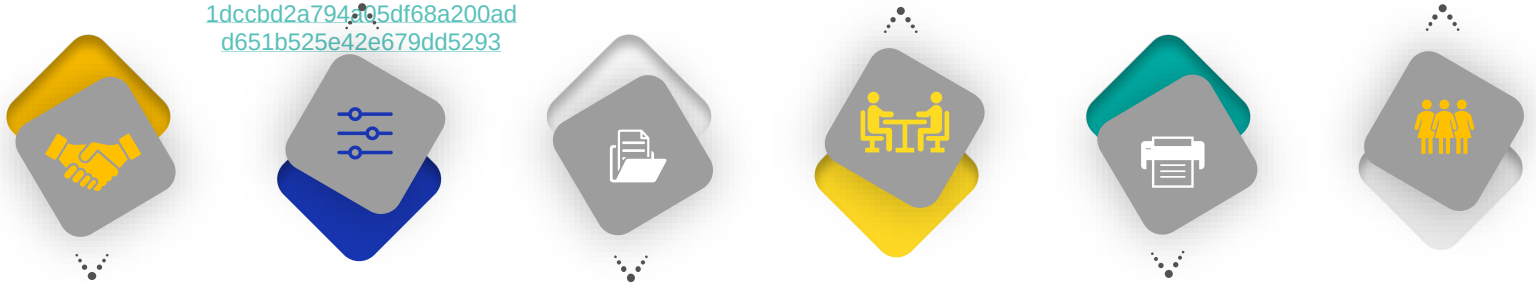
Spanish/English Fluent

The journey of a thousand miles begins with one step. Lao Tzu

Post Event Survey
We want your feedback!.
https://whova.com/portal/survey/beach1_202403/35336/?token=06cc683b2c88267c4df1dccbd2a794e05df68a200add651b525e42e679dd5293

Join Us Again
Watch for our next event.
https://www.csulb.edu/college-of-engineering/100-women-strong

Get Support
Career Development Center
https://www.csulb.edu/career-development-center



Connect with speakers on Whova App & LinkedIn
Introduce yourself & exchange information, ask questions.

Powerful Information
Review all CC Slide Decks.
https://www.csulb.edu/college-of-engineering/coaching-circles-2024

Create a Journal
Write down lessons learned, goals, next steps with timeline, & career goals.

100+ Women Strong want to thank you for attending.

Become a member of 100+ Women Strong.
https://www.csulb.edu/college of engineering/100 women strong steering committee

Connect with us on Linked In
https://www.linkedin.com/groups/14238580/