

LeaderImpact Podcast – Episode #19 – Keri Schwebius - Overcoming Imposter Syndrome

Release Date – September 14, 2022.

Episode Summary:

Keri is the President of Ellevate Executive Coaching, co-author of a leadership book called, *Mind the Gap: Navigating your Leadership Journey*, as well as working for her father to support him in running his businesses.

Before all this, Keri spent 20 years in public relations helping executive teams communicate with stakeholders. During this time her passion was employee communications making her a messenger, translator, and advisor for leaders. This inevitably led her to the field of leadership.

Today Keri is a Certified Executive Coach with a Master of Arts in Leadership and a Graduate Certificate in Executive Coaching at Royal Roads University in Victoria, BC. She also holds accreditations in emotional intelligence, change management, communications, and team building. She brings a down-to-earth approach to every engagement.

She is incredibly grateful for all the blessings she has been given in her life and, more than anything, she wants to give something back. Her purpose is to make a difference in the world and she does this by partnering with others who want to improve their workplaces.

Keri has a genuine desire to make a positive change in the world not only working with clients but also as Co-Chair of Women in Leadership Saskatchewan and as Chair of the Board of Directors of CityKidz Regina.

Join us now for a conversation with Keri on dealing with imposter syndrome in your personal, professional, and spiritual journey.

How to Contact Keri:

- www.ellevatecoaching.com

Books Mentioned:

- *Mind the Gap: Navigating your Leadership Journey* by Doug Forsdick, Keri Schwebius, and Heather Thomson
- *Essentialism: The Disciplined Pursuit of Less* by Greg McKeown
- *The 5 Second Rule: Transform Your Life, Work, and Confidence with Everyday Courage* by Mel Robbins

- *The High 5 Habit: Take Control of Your Life with One Simple Habit* by Mel Robbins

Show Notes:

0:00 – Introduction of Keri

2:59 - Life is hard with many aspects that we have no control over

3:45 - Keri shares about her professional journey

- 4:25 - learned to love leadership in what leaders were saying and what they were doing
- 4:46 - Wanted to do something new and did her Master's degree.
- 5:36 - The start of her executive coaching business
- 6:01 - The process of writing the book with her colleagues she met through Royal Roads University

“Life is hard and there are many aspects we have no control over.”

[Click to tweet](#)

8:14 - The definition of Imposter Syndrome

- 8:28 - Also known as limiting beliefs, cognitive distortion - The belief that I am not worthy or not good enough to be where I am or to pursue something.
- 8:44 - tends to be experienced more in women than in men

11:22 - Common signs or how someone looks at situations with imposter syndrome

- 12:05 - All or nothing - has to be perfect or I'm a failure. See especially with social media
- 13:06 - Mental filters we see through. For example, we wake up late and think we are going to have a bad day. Will see things through the filter that you are having a bad day.
- 14:12 - I “should” - the expectations of what we should be doing
- 15:49 - Labelling - Label people on what we see or perceive to see
- 16:19 - Jumping to conclusions or making up stories. For example, the stories we tell ourselves when we haven't heard from a friend for a long time
- 17:03 - Discounting the positive - Not stopping to recognize achievements or things we are good at. Replace the language to be more positive.
- 18:56 - Keri's personal experience with imposter syndrome

“Take care of yourself. You can’t pour from an empty vessel.”

[Click to tweet](#)

20:54 - How we can get past imposter syndrome

- 21:06 - Take care of yourself - Physical, emotional, and spiritual needs
- 21:54 - Notice and Name. Be aware of the thoughts you are thinking.
- 24:04 - Mindfulness, meditating, journaling
- 26:14 - Stay curious about yourself
- 26:52 - Turn your inner critic into your inner cheerleader. Celebrate your accomplishments
- 30:23 - People will extend grace to us when we are vulnerable
- 31:55 - Ignore the voice in your head and do it anyway

33:03 - Keri’s spiritual journey

- 33:30 - The influence of her parents

35:20 - How imposter syndrome can show up in different areas of our lives

38:13 - Make the effort. It is not about being perfect. Just make the effort and learn and grow

38:48 - How Keri integrates her personal, professional, and spiritual lives

41:45 - The faith legacy Keri wants to leave

42:35 - What brings Keri the greatest joy