

Announcing the Second Imposter Syndrome Awareness Day



International Imposter Syndrome
Awareness Day
#IISAD2022

London, United Kingdom Apr 12, 2022 ([Issuewire.com](https://www.issuewire.com)) - On Wednesday 13th April 2022 Nathaniel Schooler, the creator of the “Influential Visions” podcast, Kim Adele Randall creator and host of the “Authentic Achievements” show & Lisa Ventura an award-winning cyber security consultant and the Founder of Cyber Security Unity, “International Imposter Syndrome Awareness Day” powered by [Legacy Media Hub](#) to highlight the phenomenon of imposter syndrome and to provide help and resources to business leaders and those who are suffering from it.

We have expanded our team of ambassadors, and strategic partners, including Treasa Dovander, Nelly Shein, Juan Hoyos, Bishakha Jain, Prathik Thamalla, [Alter New Media](#), and others. We have grown renewed interest since last year in this non-profit initiative.

“International Impostor Syndrome Awareness Day” aims to highlight imposter syndrome, how it affects people, and provide help and resources for those suffering from it; you are not alone! During the day we will have a series of talks, please follow our YouTube channel for notifications of the live videos:

www.legacymediahub.com/youtube

During the day we will also be encouraging people to make one-minute videos explaining why they are **#NotAnImposter** and using this hashtag to **#IISAD2022**

As well as the online events on the day, there will also be accompanying social media support within our community group on Facebook which is fastly approaching 2000 engaged members:

www.legacymediahub.com/overcomingimposter

We have also partnered with the Silicon Guild of best-selling non-fiction authors to share their thoughts on imposter syndrome. The Silicon Guild is publishing essays from Scott Anthony, Whitney Johnson, Alison Levine, Rita McGrath, April Rinne, Caroline Webb, and Chris Yeh. You can learn more about them and read their pieces here: <http://www.siliconguild.com/imposter-syndrome/>

It is estimated that 70% of all employees experience some degree of imposter syndrome at work, and this figure is increasing. Imposter Syndrome is referring to an internal experience of believing that you are not as competent as others perceive you to be. It can be debilitating and affect the mental health of those who suffer from it greatly.

Kim Adele Randall, creator, and host of the “Authentic Achievements” show said: “Having lived with Imposter Syndrome for nearly 30 years I know how debilitating it can be, and I also know that talking about it is the first step to regaining control. It’s why I am so passionate about helping others who are struggling with their inner critic so they can regain control and live the life they dream of.”

Watch Kim-Adele’s inspiring story here: <https://youtu.be/mrfSVRbLXR8>

Lisa Ventura, CEO & Founder of the Founder of Cyber Security Unity, said: “As someone who has suffered from the debilitating effects of imposter syndrome for many years, I started to do some research into it and discovered that it is extremely common. I could never acknowledge my achievements without feeling as if I were a fraud, and I have learned coping mechanisms for dealing with it. I’m delighted to team up with Nathaniel Schooler and Kim-Adele Randall to raise awareness of it through our second awareness day dedicated to imposter syndrome.”

Nathaniel Schooler, the creator of the “Influential Visions” podcast, said: “Last year we put together a series of interviews with people who have suffered from the imposter syndrome phenomenon, and our guests have kindly told their stories about when they experience imposter syndrome and how they handle it. Kim-Adele Randall recently helped me overcome some self-confidence issues that were holding me back, without our work on the imposter syndrome series this would not have been possible, I am forever grateful that I’m free!”

To find out more about “International Imposter Syndrome Awareness Day” and how you can get involved, visit <https://iisad.org>

- ENDS -

Press Contact

Nathaniel Schooler

IISAD (International Imposter Syndrome Awareness day)

Tel: 07796977096

Email: nat@iisad.org

Notes for Editors

- **About “International Imposter Syndrome Awareness Day”**

“International Imposter Syndrome Awareness Day” is the brainchild of Lisa Ventura, CEO & Founder of Cyber Security Unity, Nathaniel Schooler, the creator of the “Influential Visions Podcast, and Kim Adele Randall creator and host of the “Authentic Achievements” show. It will take place on Wednesday 13th April 2022 to highlight the phenomenon of imposter syndrome and provide help and resources to business leaders and those suffering from it.

- Nathaniel Schooler and Kim-Adele Randall are available for interviews or commentary upon request.
- Photography and other imagery are also available upon request.

Media Contact

Legacy Media Hub

admin@legacymediahub.com

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[See on IssueWire](#)