



IEEE Germany YP Webinars

An event of the IEEE Germany Section Young Professionals Affinity Group

Everyone is cordially invited to our activities, if you are interested, please contact our Affinity Group officers

Meet colleagues and get up to date with technology and research!

Event is Co-Sponsored by IEEE ITSS German Chapter

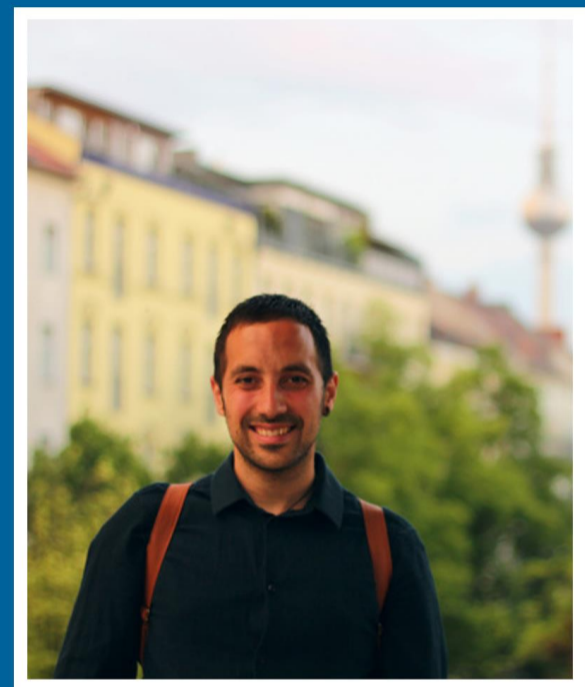


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Imposter Syndrome in Expats

Abstract

Impostor syndrome is a psychological pattern in which people tend to underestimate their own abilities and competence in relation to the successes achieved. It is the idea that one has only succeeded due to external factors, such as luck or someone else's favor, or just by having deceived the rest. The thought of being a fraud is accompanied by the fear of being discovered. This pattern can be a source of great stress and affect the person's mental well-being, causing problems related to anxiety and depression. Both people facing the demands of a new context, and people belonging to minority groups can be especially susceptible to this phenomenon. Distinct examples of sensitive groups are PhD students and tenured professors, especially those who are expatriates. The aim of this talk is to present the psychological background of the impostor syndrome, the role it plays in the personal and professional development of people suffering from it and how to cope with it. In addition, this is a chance for sharing our own experiences in an open dialogue.



Dipl.-Psych. David Guerra Calderón
<https://psicologiamigrante.com/>



Date	May 27, 2021
Time	17:00 – 18:00 (CEST)
Location	Online via WebEx

Register Here

Brief Bio

David Guerra graduated in Psychology at the University of Seville, Spain, and received a Master in Intercultural Mediation. Recognized as Diplom Psychologe specialized in clinical psychologist and Heilpraktiker für Psychotherapie in Germany. Expat since 2012 and in Berlin since 2014, he has worked on different projects related to supporting migrant communities and promoting diversity. In 2019, he founded the practice for psychotherapy specialized in supporting expats "Psicología Migrante". At the same time, he works as a teacher in social psychology and intercultural skills since 2018 in the European Integration Center Berlin.