A tale of two contemplations: impostor syndrome and medical writing dreams

Presented for the 1st time at:
2019 American Medical Writers Association Annual Conference | Roundtable session
Outline

1. Two contemplations
2. Core strengthening
3. Ruminations
4. Call to action
Medical writing dreams

(1) Communicating science for a living is a thing!

(2) “Play to your strengths”

(3) Conversations and introspections

(4) The goal was set!
Impostor Syndrome (IS) is characterized by chronic feelings of self-doubt and fear.

Despite evidence of abilities, those suffering from IS are unable to internalize a sense of accomplishment, competence, or skill.

Overall, they believe themselves to be less intelligent and competent than others perceive them to be.

Impostor syndrome

It’s not who you are that holds you back, it’s who you think you’re not.
Overcoming impostor syndrome

- Recognize IS as a natural phenomenon
- Perform structured and disciplined hands-on work to un-learn IS
Core strengthening

- Self-directed learning through AMWA
- Seek stories from medical writers
- Structured outreach
- Adding value and earning visibility
Self-directed learning through AMWA

What is an AMWA resource?
- A document / webpage / blog
- A course
- A community!

Becoming an AMWA resource
- Help a member find a resource
- Describe experience with a course
- Help organize an event
Seek stories from medical writers

› Key conversational questions
  › What kind of work were you involved in earlier?
  › What brings you into this field?

› For new entrants and transitioning writers
  › Mock interviewing is powerful
Structured outreach

- Create a purpose statement
  - Recognize contributions and potential
  - Talk to the mind

- Self-publish an article
  - Self-publishing requires self-permission
  - Consider different platforms (video, podcast etc.)

- Write an opinion piece
  - ‘5 reasons why I think MW is here to stay’
  - ‘10 reasons what I find HEOR fascinating’
Adding value and earning visibility

› Volunteer
  › Foundations need writers
  › Help with test prep / certification
  › Review a résumé

› Collaborate
  › Partner with a professional
  › Start a B-team

› Visibility exercises
  › Put yourself in the picture
  › Use words constructively
Overcoming impostor syndrome

- Recognize IS as a natural phenomenon
- Perform structured and disciplined hands-on work to un-learn IS
Rethinking IS

- Immersion strategy
- Impostor syndrome
Ruminations
A mind with the power to build an obstacle has the power to break it down
"You don't just wake up and become the butterfly. Growth is a process"

- Rupi Kaur
Call to action
Build someone up. Put their insecurities to sleep. Remind them they’re worthy. Tell them they’re incredible. Be a light in a too often dim world.
Thank you & Stay strong