

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!





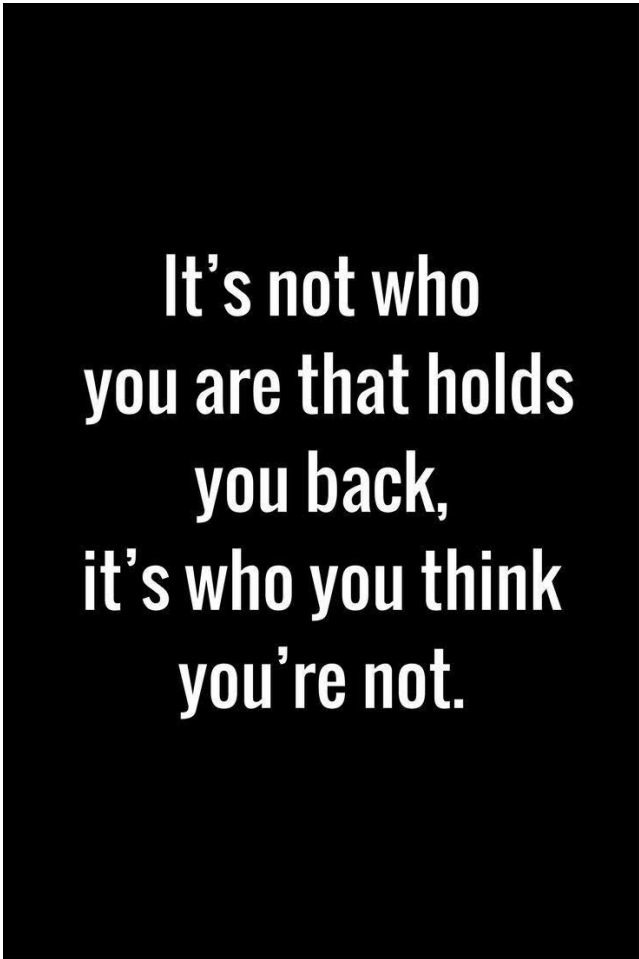
Impostor syndrome

- 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

Reference: *Villwock et al., Impostor syndrome and burnout among American medical students: a pilot study. International Journal of Medical Education. 2016;7:364-369*



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


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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**

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