



# Rewriting the Script: Living With Your Inner Critic & Moving Past Imposter Syndrome

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Jane Galloway



#ialso100

**SME** | news  
 UK Enterprise Awards 2025

**Jane Galloway**

Most Empowering Women's Keynote  
 Speaker & Facilitator 2025  
 (South East England)

2024  
 SILVER WINNER  
**BEST**  
 BUSINESSWOMEN AWARDS

2023  
 SILVER WINNER  
**BEST**  
 BUSINESSWOMEN AWARDS

**SME**  
 news

★★★★★★★★★★★★★★★★

Business Elite  
 Awards 2023

Jane Galloway  
 Quiet the Hive  
 Women's Mindset Coach  
 of the Year (UK)  
 2023

National  
 Facilitator  
 Awards

**FINALIST**  
 Transforming Lives Award  
 2023.

SHORTLISTED  
 BUSINESS  
 2023

**SMALL  
 AWARDS**



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YOUR LIFE LESS ORDINARY

SMALL BUSINESS  
**SATURDAY**  
 5<sup>TH</sup> DECEMBER

**SMALLBIZ100**

  
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# Today's Session

- Imposter syndrome & the inner critic
- Where she comes from
- How to recognise her
- What you can do to learn to live with her (and even start to love her...)



# Get the Workbook



**Inner Critic & Imposter  
Syndrome -  
The Workbook**



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# What you'll need for the next 90 mins...

Curiosity, a sense of  
adventure,  
something to make  
notes



Something for the  
introverted  
and the extroverted  
preferences!



# Tell Me About You

- Which of you....



# Are you here to...

- ...See the sparkly top?
- ...Help your <team/ friend/ partner/ etc> overcome inner critic/ imposter syndrome
- ...Figure out how to move past your own inner critic and imposter syndrome



# Inner Critic & The Imposter Syndrome

- What do you know?

*(and are you now panicking for fear of being caught out as knowing nothing or saying the wrong thing?)*

- Words you associate with the inner critic or imposter syndrome



# Us

- Do you ever...?
  - Unkind words
  - Blame yourself for things beyond your control
  - Notice the negatives
  - Put your accomplishments down to luck



“ Sometimes I wake up in the morning before going off to a shoot, and I think, I can't do this. I'm a fraud. ”



THOUGHTS ON...THE INNER CRITIC  
KATE WINSLET

“ There are still days when I wake up feeling like a fraud, not sure I should be where I am. ”



THOUGHTS ON...THE INNER CRITIC  
SHERYL SANDBERG

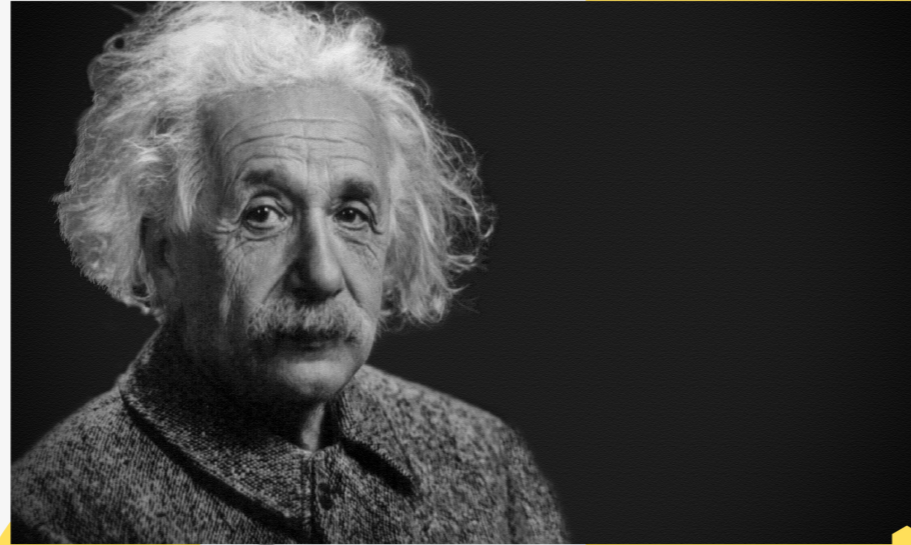
“ It doesn't go away, that feeling that you shouldn't take me that seriously. What do I know? ”



THOUGHTS ON...THE INNER CRITIC  
MICHELLE OBAMA

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“The exaggerated esteem in which my lifework is held makes me very ill at ease. I feel compelled to think of myself as an involuntary swindler”.



THOUGHTS ON...THE INNER CRITIC  
ALBERT EINSTEIN

“Even though I had sold 70 million albums, there I was feeling like “I’m no good at this.”



THOUGHTS ON...THE INNER CRITIC  
JENNIFER LOPEZ

“Failure is a constant partner for me. I feel dissatisfaction with everything I do... Self-doubt and failure are just part of my life and I have to overcome them to do anything



THOUGHTS ON...THE INNER CRITIC  
CORRINE BAILEY RAE

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“No matter what we've done, there comes a point where you think, 'How did I get here? When are they going to discover that I am, in fact, a fraud and take everything away from me?’”



THOUGHTS ON...THE INNER CRITIC  
TOM HANKS

“I thought it was a fluke. I thought everybody would find out, and they'd take it back. They'd come to my house, knocking on the door, "Excuse me, we meant to give that to someone else. That was going to Meryl Streep.”



THOUGHTS ON...THE INNER CRITIC  
JODIE FOSTER

“You think, "Why would anyone want to see me again in a movie? And I don't know how to act anyway, so why am I doing this?’”



THOUGHTS ON...THE INNER CRITIC  
MERYL STREEP

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# Imposter Syndrome

- My imposter syndrome

*No 'quick fix'*

*Still trips you up*

*My latest experience*

*Linked to inner critic*



# Guilt-Free Reset

- Just incase...



# Imposter Syndrome

- 1978 - Pauline Clance & Suzanne Imes

*“...is used to designate an internal experience of intellectual phonies, which appears to be particularly prevalent and intense among a select sample of high achieving women.”*

Thought to impact 70% of people at sometime

## Why is it important?

- associated with burnout, emotional and physical exhaustion, depression, and anxiety  
(Villwock et al 2016)
- fosters self-doubt and impacts ability to receive feedback, resiliency, well-being, and **SUCCESS**. (Riveria et al, 2021)
- less likely to apply for promotions for fear of failure



# Imposter Syndrome

## When is it NOT imposter syndrome? The debate about 'blame'

- When it's gaslighting or bullying
- When it's systemic racism, homophobia, sexism, classism...
- When it's 'othering'
- Can be used as a handy tool of blame - "you've got imposter syndrome"
- Can be a symptom of external problems in environment

### AND YET

- Imposter syndrome can still exist in the most supportive of environments
- Doesn't mean it doesn't exist or feel real for those experiencing it
- Link to inner critic = not <insert word of choice> enough



# Imposter Syndrome

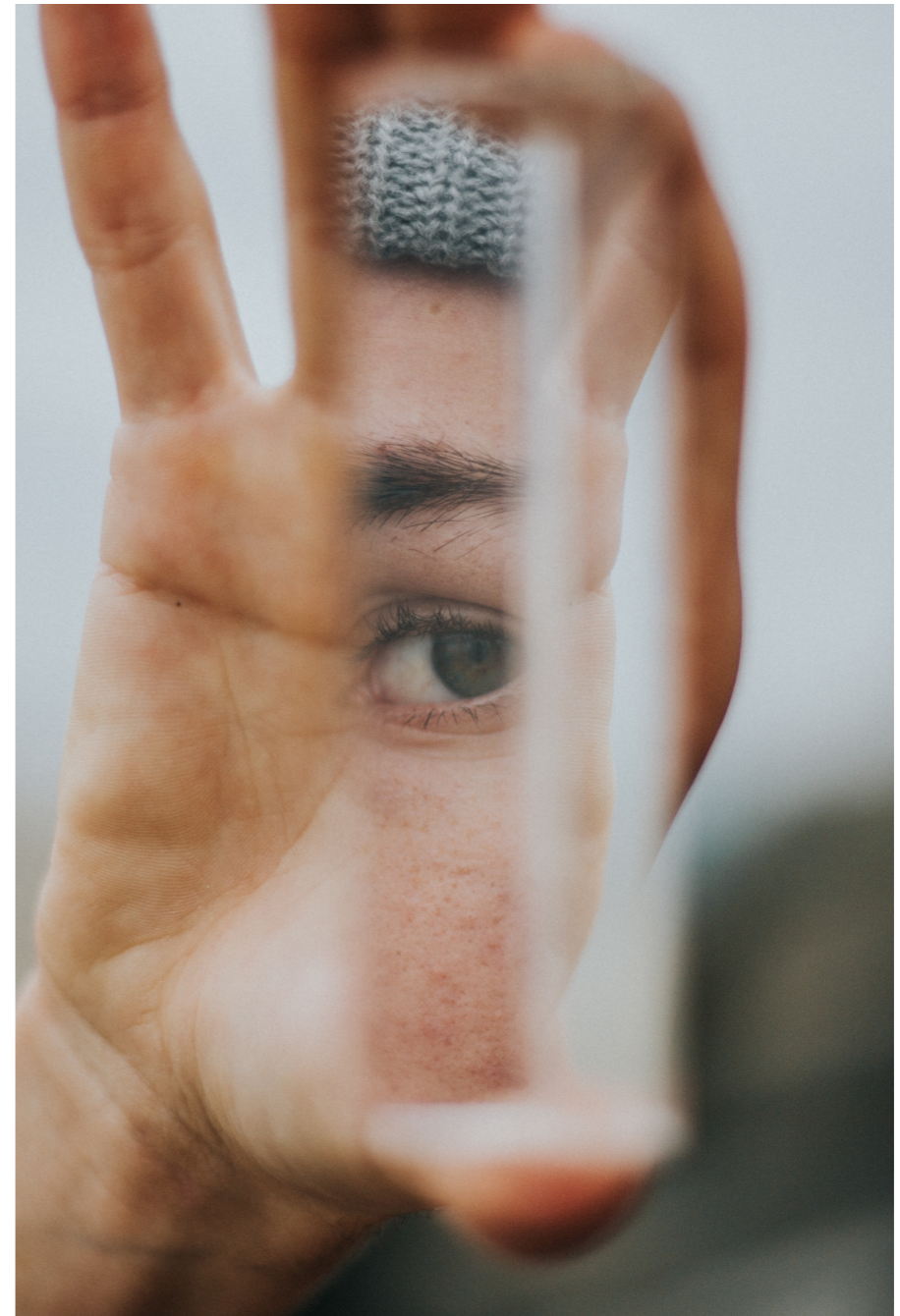
**What does it  
look like for  
you?**



# Imposter Syndrome

## What can it look like?

- Anyone can experience (higher prevalence in women, particularly in women of colour)
- Can happen when calling attention to success, or after a failure following success
- Attribute success to luck rather than skill and merit
- Playing self down - brain believes 'I'm not really that important, I'm just a....'
- Sense of feeling you need to know everything, and failing if not
- Feeling unworthy of attention
- Downplaying accomplishments
- Overworking to overcompensate
- Holding back from opportunity
- Not just in work



# Imposter Syndrome

Your experience of imposter syndrome at work?



# Imposter Syndrome

## Why move past it?

- Your thoughts...



# Imposter Syndrome

## Why move past it?

- Stifle growth
- Stop you reaching your potential
- Drop in job performance and satisfaction
- Burnout, anxiety & depression
- Exhausting



# Moving Past Imposter Syndrome

**Recognise it**



# Moving Past Imposter Syndrome

**Keep a Strengths Journal**



# Moving Past Imposter Syndrome

**Ask People About  
your Strengths**



# Moving Past Imposter Syndrome

**Don't Get Stalled  
by Perfection**



# Moving Past Imposter Syndrome

**Remember Why  
You're There**

*You belong here*



# Moving Past Imposter Syndrome

Keep

About

Reconnect with  
your Purpose

ere



# Moving Past Imposter Syndrome

Keep

About

**Don't Compare Yourself**

your



# Moving Past Imposter Syndrome

Don't Compare

Talk to a Loved One

your



# Moving Past Imposter Syndrome

Don't C

**Take the Chance to  
Learn**



# Imposter Syndrome

**Recognise it**

**Keep a Strengths Journal**

**Ask People About your Strengths**

**Don't Get Stalled by Perfection**

**Remember Why You're There**

**Reconnect with your Purpose**

**Don't Compare Yourself**

**Talk to a Loved One**

**Take the Chance to Learn**



# Imposter Syndrome

**What will you do  
for you?**

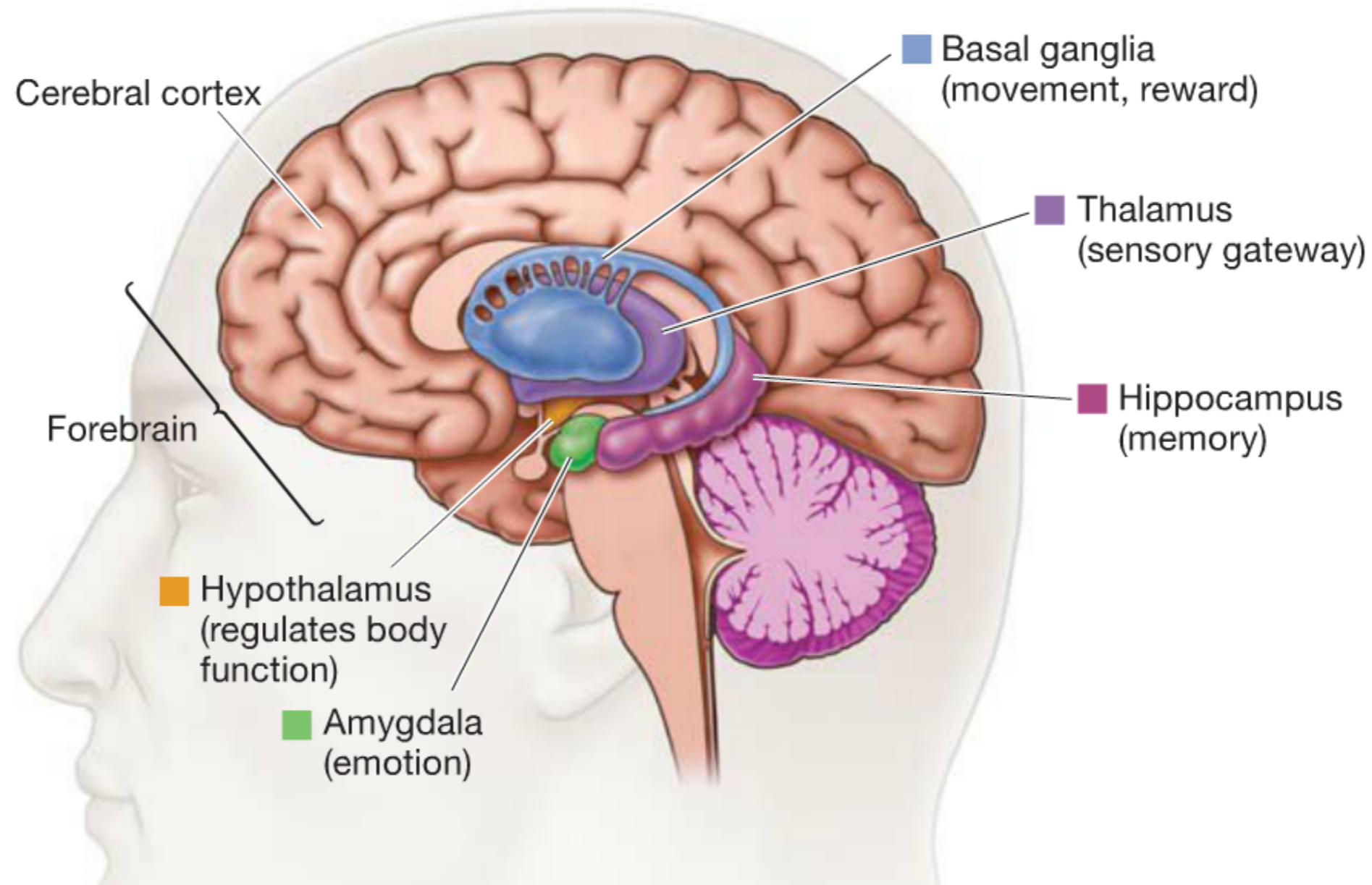
**For those you  
know who find it  
challenging?**



# The Inner Critic

That little voice...





**the lizard brain,  
amygdala hijack, inner critic,  
imposter syndrome...**



**How can you  
hear her?**



**How does she  
show up?**

# Journalling Questions

Identify some times when you've heard your inner critic appear.

What does she tell you?  
How does she sound?



## Reflect & Share



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**Why should I  
quieten her?**

# Journalling Questions

What would you do if you didn't listen to your inner critic?

Who would you be if she held no power over you?

Who would you be without her voice holding you back?



## Reflection Opportunity



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# How do I quieten her?



## Don't:

- Argue
- Get angry
- Give in

## Do:

- Character...





# Introducing... My Lizard!

# How do I quieten her?



## Do:

- **Character**
- **Placate/ Soothe**
- **Peace practice**
- **Name your story/ my mind is having the thought...**
- **Compassion/ Get curious**
- **Somatic - volume, walk out, box**
- **Thank her...**



# The Byron Katie Questions

- 1) Is it true?
- 2) Is there any possibility that this isn't true?
- 3) How do you feel when you think that thought?
- 4) Who would you be without that thought?
- 5) Identify the opposite of your original thought.
- 6) Ask: "Is the opposite thought as true or more true than the original thought?"





**Something to try...  
the love letter**



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# Journalling Questions

Which techniques do you think would work best for you?

How will you remind yourself to test them out?

Which one are you going to try the next time she pops up?



## Contributions Welcome



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# Get the Workbook



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Syndrome -  
The Workbook**



Grab the workbook... <https://quietthehive.myflodesk.com/icandis>

Awakening Women's Lives - <https://quietthehive.com/courses/awl/> - Identify a life you love, and get the toolkit and confidence to go out and get it. Limited places, limited availability.

The Your Life Less Ordinary Weekender for women who want to live a bit more adventurously, whatever that means to you — <https://www.yourlifelessordinary.co.uk>

The Compass - reconnect with you. <https://quietthehive.thinkific.com/courses/the-compass>

1:1 coaching with Jane - get in touch to find out more [hello@quietthehive.com](mailto:hello@quietthehive.com)

*Work with me*




Thank you,  
Jane x



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