



Improving life and leadership of assistant principals

Show Notes, Episode X: Are you worthy? With Tequila Lamar, 5/16/2023

About this show:

Let's face it, you aren't cut out for this job. You are in over your head, and soon everyone will discover it! What were you even thinking? You can't help your teachers grow. You should never have done this, and you will certainly never make it to the next level.

Ouch – such terrible thoughts! There is a diagnosis for this kind of negative thinking and it is called imposter syndrome – the feeling that, despite everything you have achieved, you are somehow not fit to do the job you are doing.

If you, like me, are one of those afflicted souls, stay tuned. We are going to turn imposter syndrome on its head! If you have never suffered from imposter syndrome, you need to listen to this episode because many of your colleagues do suffer from it.

Notable Quotes

Tequilla:

Even as adults we are still learning and still growing...I want to see all people become their best selves.

Imposter syndrome is each of use battling our brain bullies, that voice in your head telling you you're not good, smart or competent enough.

When you are really battling with imposter syndrome, the voice comes, and the voice stays, and it can paralyze you if you let it. And it's natural to have those feelings, but what do you do when you hear that voice? Does it stop you from acting and moving forward?

Whatever it is that you're not feeling self-confident about, continue to learn and continue to explore.

Don't get too comfortable. Dare to dream big.



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Frederick:

Just be present for people. Just ask the question and listen. We don't have to have the answers, if we ask the right questions that will help people come up with their own answers.

Feeling imposter syndrome is a sign that you are pushing your edge. If you are not feeling it, then you are playing it safe and not growing.

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