“You Belong Here! Imposter Syndrome: What is it, How to Recognize it, and How to Overcome it”

Friday, April 30, 2021

12:00 Welcome and Announcements
Kim Isringhausen, B.S.D.H., R.D.H., M.P.H.
President, WISDM Faculty Organization
Associate Professor, Interim Associate Dean, Risk and Compliance
Chair of the Faculty, School of Dentistry

12:10 Exhibitor(s)

12:15 Poll and Discussion: Do You Have Imposter Syndrome?

1:00 KEYNOTE ADDRESS
“A Secret Truth About the Gender Leadership Gap”
Jennifer Hunt, M.D., M.Ed., Chair of Pathology, Immunology and Laboratory Medicine, University of Florida College of Medicine
By the end of this session, participants will be able to:
• Discuss the national statistics about gender and leadership.
• Recognize evidence of subtle gender bias.
• Identify internal biases that hold women back in leadership.

2:00 WISDM Professional Achievement Awards
Moderator: Kim Isringhausen
• VCU School of Medicine
• VCU School of Dentistry

Special Recognition of Support and Sponsorship:
Peter Buckley, M.D., Dean, VCU School of Medicine and Executive Vice President for Medical Affairs, VCU Health System
Clara Spatafore, D.D.S., M.S., Interim Dean, VCU School of Dentistry and Chair and Associate Professor of Endodontics and Chair of Oral Diagnostic Sciences
Julie Beales, M.D., M.H.A., Chief of Staff, Central Virginia VA Health Care System
Betsy Ripley, M.D., M.S., RAC, Senior Associate Dean for Faculty Affairs, VCU School of Medicine

WORKSHOPS
2:30 Finding Resilience During a Pandemic
Lynne Hughes, Founder and CEO of Comfort Zone Camp, nationally recognized grief expert
By the end of this session, participants will be able to:
• Assess your current strengths as a change leader and how courage and authenticity can positively impact your ability to lead change.
• Identify best practices for maximizing your impact as a change leader without being overwhelmed by feelings of incompetence or inauthenticity.
• Create at least one action step for becoming an even more effective change leader.
Conference Agenda

3:00  Facilitated resilience discussion with mindfulness activity
Margaret Rittenhouse, L.C.S.W., Clinical Director, HelpLink EAP, VCU Health System

3:30  Am I an Imposter? Tips for Identifying and Overcoming Imposter Syndrome
Michael A. Southam-Gerow, Ph.D., Professor and Chair of Psychology, VCU College of Humanities and Sciences
By the end of this session, participants will be able to:
• Demonstrate competence in identifying signs of imposter syndrome in students and colleagues.
• Demonstrate understanding of the particular risks for imposter syndrome among students of color in higher education.
• Identify several coping strategies to alleviate imposter syndrome.

4:15  Refresher Break

4:25  Spotlight Session
How to Slay Like a Mother
Katherine Wintsch, M.S., Founder and CEO of The Mom Complex; Author of Slay Like a Mother

Based on Slay Like a Mother, the personal empowerment book that Parade magazine named one of the “Top 10 life-changing self-help books of the year for 2019,” author Katherine Wintsch, will share groundbreaking research on mothers/women and self-doubt.

As founder and CEO of The Mom Complex, Katherine combines insights collected from over 10,000 mothers around the world with personal experience battling her own “dragon of self-doubt” for two decades. Her boundless energy for demonstrating what’s possible when you slay what’s standing in your way will leave you feeling less alone and more prepared when making the shift from worrier to warrior.

Filled with guidance you’d get from your best friend and practical tips you’d expect from your favorite therapist, this session will teach you how self-doubt starts, why it grows and how to slay it — while helping other mothers and women do the same.

By the end of this session, participants will be able to:
• You can’t win at everything: Identify which battles to lose.
• Negative self-talk: Discuss ways to teach the mean voice in your head some manners.
• Realistic expectations: Discover how to stop setting expectations that set you up for failure.
• Illustrate how to say no to others and yes to yourself.

5:30  Conference adjourns