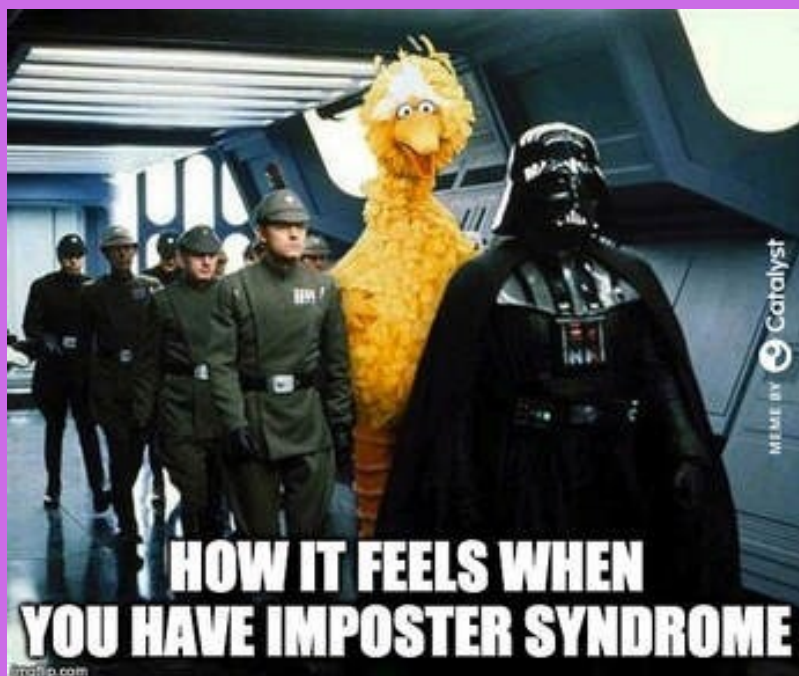


Feeling Like A Fraud

REFLECTIONS ON OVERCOMING IMPOSTER SYNDROME AT BELFAST89 RADIO STATION

Looking back now that my time at Belfast89 radio station is coming to an end, I realise how much I have learned and grown during my few months in radio. I am grateful for the opportunities and challenges that have helped me develop my skills and confidence in the broadcasting industry, but there have certainly been some difficult experiences to overcome, such as dealing with technical difficulties during live broadcasts or learning how to use my radio voice for talking on air. However, I believe that the most challenging aspect of my entire experience has been learning to manage my imposter syndrome when it came to being on air. Through Gibbs' reflective cycle, I will explore my experience at Belfast89 in this reflective essay. Gibbs' Reflective Cycle is a six-step approach to learning from experiences that breaks down the process of mindfulness and reflection into a systematic approach. Among the steps are describing what happened, expressing feelings and thoughts, evaluating the experience, analysing it, drawing conclusions, and developing a future action plan (Devet, 19).



Imposter syndrome is the persistent feeling that you are not good enough, regardless of your achievements or education. It can lead to people doubting their abilities and feeling like frauds in their professional or personal lives. I've felt a lot like an imposter while at Belfast 89, despite all of the broadcast knowledge I've gained throughout my degree, and research has shown that I'm not alone; a 2019 study found that 20% of students suffer from imposter syndrome (Holingshead).

Description + Feelings

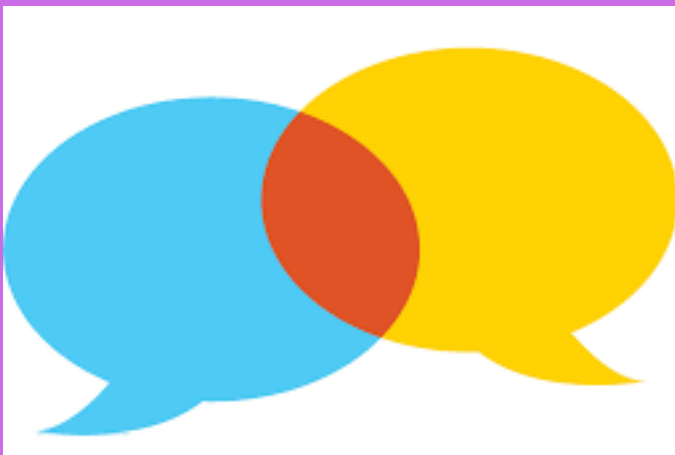
My feelings of self-doubt started when I was asked to do a weekly segment on local events in the Belfast area on the Friday morning radio show. I was initially excited about the opportunity to have my own weekly segment because I assumed it meant my supervisors thought I was doing a good job so far. Unfortunately, the all-too-common feeling of self-doubt set in, and I started questioning my abilities. I spent what seemed like countless hours researching and preparing for the segment, trying to ensure that it was both entertaining and informative.

Despite my best efforts, I still felt inadequate. I couldn't help but feel out of my depth as I prepared for the segment. I didn't feel like I had enough experience or knowledge to create an entertaining segment. I was also afraid of making mistakes on air and embarrassing



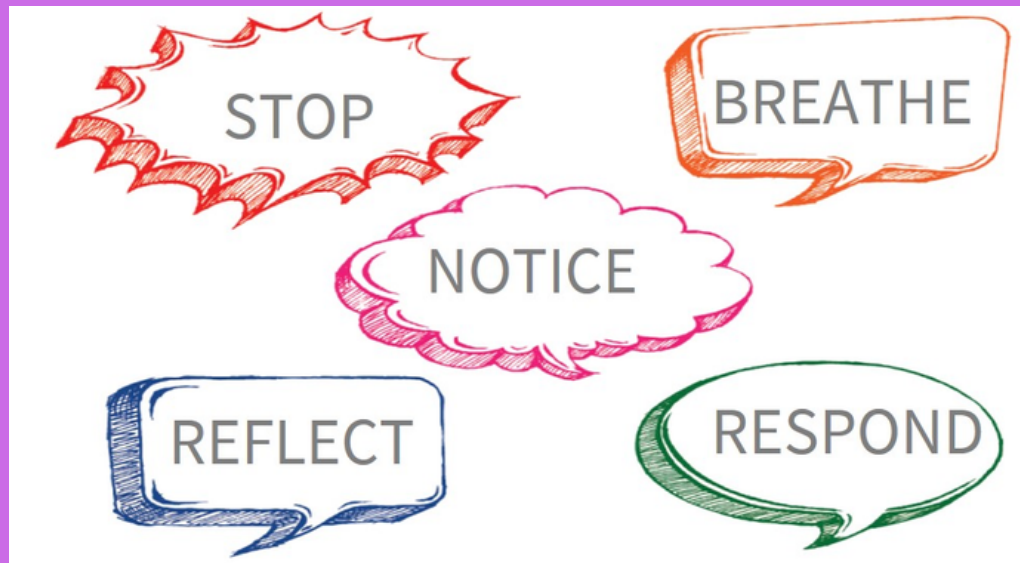
Thankfully, I was eventually able to recognise that I had felt this way before at Belfast89 when I was first asked to cover a radio show. When I was nervous about going on air the last time, I found that talking to my supervisor at Belfast 89 helped me the most.

So I came in early before the show that Friday and discussed my concerns with my supervisor, Andrew. Who then told me that it sounded like I was suffering from imposter syndrome and that what I had prepared seemed to be great. Speaking with Andrew immediately put me at ease, and my segment was a success.

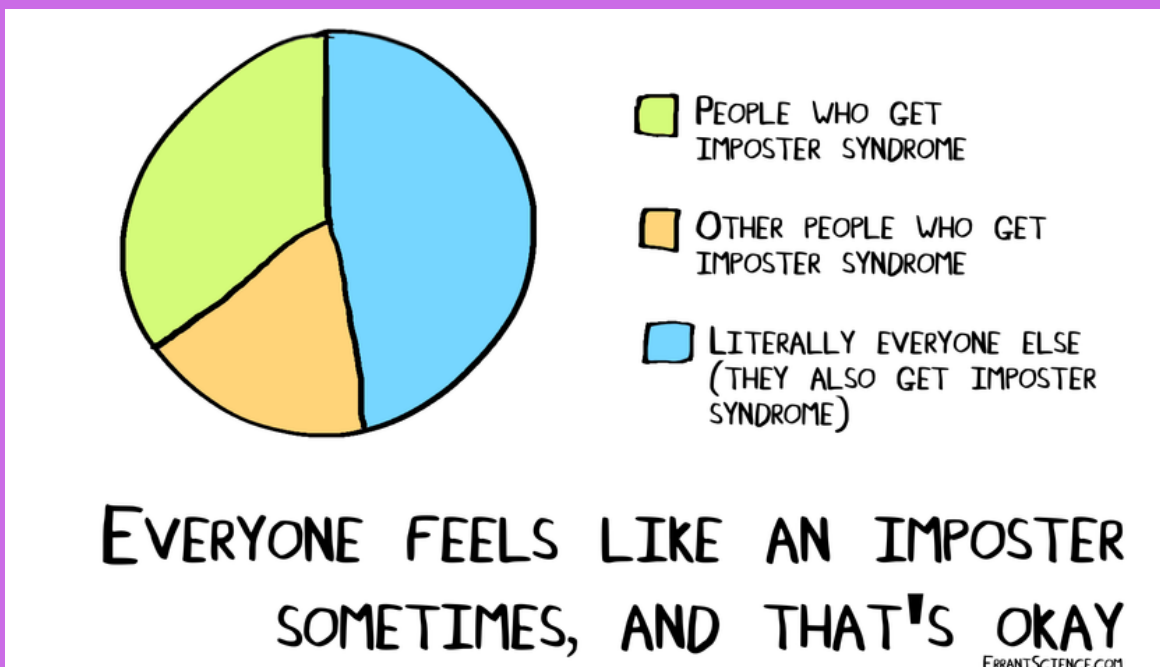


Evaluation + analysis

This experience taught me that my confidence in myself is something I need to work on, as it may hold me back in the future when I start a full-time job in the broadcast industry. I don't want my feelings of self-doubt to keep me from taking on new challenges and opportunities.



However, after Andrew suggested that what I was experiencing could be imposter syndrome, I did more research on it and what I could do to help myself when I felt this way. The SBNRR technique is one effective way I've found to combat imposter syndrome (stop, breathe, notice, reflect, and respond). This technique encourages you to pause, take a deep breath, and consciously let go of your thoughts. Take note of your emotions, your body, your surroundings, your peers, and your situation. Consider the underlying causes of your feelings of inadequacy or self-doubt. Finally, respond with a calmer and more informed perspective (Saymeh). I'm hoping that practising SBNRR will help me in the future when I feel inadequate or out of my depth.



Conclusion: + Action plan



When I reflect on my experience, I realise that my imposter syndrome stemmed from my own self-criticism and fear of failure. I was so preoccupied with what I didn't know and what I might get wrong that I didn't give myself credit for my own abilities and knowledge. My time at Belfast 89 has taught me that imposter syndrome is a result of my own insecurities rather than a reflection of my abilities. In the future, I intend to be more aware of my imposter syndrome and work on managing my self-criticism. I plan to remind myself of my accomplishments and my abilities and not allow my fear of failure to cloud my judgement. I also plan to seek help from friends and coworkers rather than isolate myself when I am experiencing self-doubt.

Overall, working at Belfast89 radio station has been an incredible learning experience for me, allowing me to improve my confidence and learn more about my strengths and weaknesses, as well as what type of job in the industry I would be best suited for. Although it has been a challenging situation, I am grateful for the opportunity to work at the station and learn more about radio because I think it is something I would like to do more of in the future.



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