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Imposter Syndrome: What Can You Do When You Don't Feel Like You Deserve Your Job?



Oh yes. That age-old adversary “Imposter Syndrome”

For those that don’t know, Imposter Syndrome is a psychological pattern where individuals doubt their accomplishments and have a persistent fear of being exposed as a “fraud.”

Despite evident success or competence, those experiencing this syndrome feel they do not deserve their achievements and attribute them to luck or manipulation rather than to their skills.

Interestingly, imposter syndrome is a common experience in the hospitality industry.

Continue reading to learn more!

Source: Talking Hospitality

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How to Take Your Weekly Meetings to the Next Level

Transforming weekly team meetings from mundane check-ins to dynamic, productive sessions can significantly impact team efficiency and morale.

A recent Harvard Business Review study found that 71% of senior managers view meetings as unproductive and inefficient.

To counter this trend, it's essential to revitalize these gatherings with strategies that engage and invigorate team members.

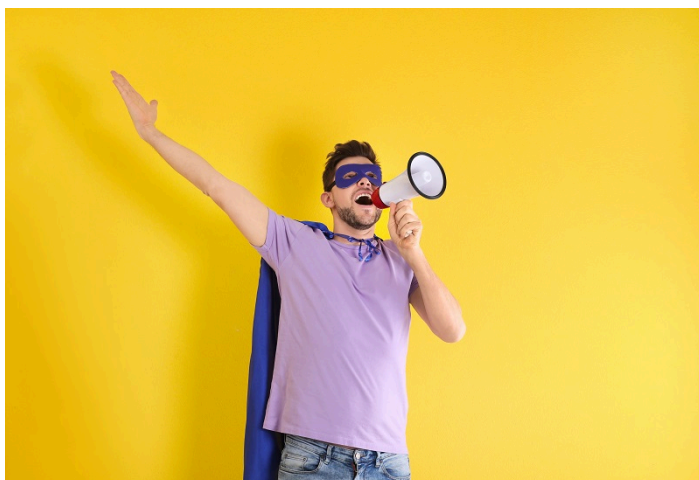
This article will provide inspiration on how to elevate your weekly team meetings to foster better communication, collaboration, and productivity.

Source: Lolly Daskal



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Why Being Yourself at Work is Still a Luxury



Despite more discourse around bringing your whole, authentic self to work, for many workers, being truly themselves on the job is still a luxury. They're poking fun at it though on TikTok, with a new trend where users expose who they are on the job vs. outside of work.

The clips first show either a professional headshot or video of them sending an email at their desk in the office, then a video of themselves in their free time. For many, out-of-office time includes silly outfits and antics that many wouldn't bring up in the workplace but can be an important part of their identity.

Ideas around keeping one's work and home life separate have shifted following the pandemic, with some striving for greater balance and distinction between the two. That can be a good thing, but also might hinder opportunities to better understand each other and

make connections on the job that boost collaboration, engagement, and a sense of belonging.

Source: Hailey Mensik, WorkLife

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UPCOMING EVENT: CHART'S Chicago Hospitality Training Conference

The Council of Hotel and Restaurant Trainers ([CHART](#)) is holding its national Hospitality Training Conference at the Palmer House in Chicago, IL from August 11-14, 2024. This promises to be a dynamic event with relevant, focused learning and development content that hospitality professionals need now.



CHART 106 CHICAGO • HOSPITALITY TRAINING CONFERENCE
AUGUST 11-13, 2024 • PALMER HOUSE, CHICAGO, IL
Expanding Perspectives. Leading Change.

Top-notch keynotes, breakouts, CHART Talks, and an experiential learning PEER Mentoring session will feature topics like recruitment and retention strategies, AI and technology, high-performing teams, training and certifications, and effective instructional design.

[CHART Hospitality Training Conference](#)

August 11-14, 2024

Palmer House, Chicago, IL

Use code "CHART-Partner" to receive the member rate

We hope you can attend this pivotal event to gain tools to manage your workforce and make high-quality connections.

[Find Out More / Register](#)

Handling Life's Many Unexpected Surprises

One of the best pieces of advice I ever received from a mentor was to always expect the unexpected. It wasn't so much that I should be prepared for any possible unexpected event. It was just to understand that they could pop up at any time.



The advice was really all about mindset. If you're always ready for surprises, you'll end up being a lot less surprised. That allows you to enjoy the good kind of surprises and quickly take action to mitigate the unpleasant ones.

The pandemic was a great example of how this works. While I don't believe anyone was prepared for a pandemic, the people, and organizations,

that had a mindset of "expect the unexpected" were able to pivot into the new reality much faster than those who assumed their current situation would always be their situation.

Handling the unexpected effectively involves cultivating that "unexpected" mindset, skills, and practical strategies. This article covers several approaches to help you manage unexpected events, no matter when, or how, they might pop up.

Source: Steve Keating, Lead Today

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Women in Hospitality Conference Features Speaker on Imposter Syndrome

Announcing the Women in Hospitality Conference on September 10th in Madison that connects and celebrates the incredible women who are shaping the hospitality industry in Wisconsin.

We are fortunate to offer a thought-provoking session on Imposter Syndrome presented by [Deanne Phillips](#), CFP®, CDFA®, ABFPSM, Director of Client Learning and Development, Annex Wealth Management.

Women in Hospitality CONFERENCE

Deanne Phillips, CFP®, CDFA®, ABFPSM
Director of Client Learning and Development,
Annex Wealth Management

Selling Yourself Short? Understanding Imposter Syndrome
This session will help you...
face your fears
challenge limitations
get back on track

Let's Do This!
Madison | Sept 10 | 10:15-11:00am

Bring your entire team to enjoy a jam-packed schedule of leadership training that will inform, connect and inspire! [Check out the full line-up here!](#)

[More Info / Register](#)

[Watch Video from Deanne](#)

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