

Sam Reese and Douglas Ferguson Interview with Candice Georgiadis to Discuss Their Impostor Syndrome Story

A debilitating syndrome affecting many people from all walks of life, Impostor Syndrome, is discussed by Candice Georgiadis.

GREENWICH, CT, USA, April 3, 2020 /EINPresswire.com/ -- Candice Georgiadis, owner of the blog by her namesake, interviews individuals on the cutting edge of hotel, travel, lifestyle and other similar topics. She expands the marketing footprint of individuals and companies with a combination of branding and imaging across social media and conventional websites.

Impostor syndrome affects everyone, not just CEOs, and can be a debilitating problem. Below are two examples of people and how they dealt with the syndrome. Candice Georgiadis is helping bring the problem to light, allowing those affected to step forward and not feel alone through her social media and web influence.

Sam Reese, CEO of Vistage

We would love to hear your story about your experience with Impostor Syndrome. Would you be able to share that with us?

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Strong is he who forces his actions to control his thoughts, and weak is he who lets his thoughts control his actions”

Author Og Mandino



Sam Reese, CEO of Vistage

Many years ago, after running divisions of large Fortune 500 companies, I figured I was more than ready to be the CEO of a mid-sized consulting organization. But my first two years were not well timed, as I started in 2000 and then tried to manage the company through the dot com crash with very little success. In fact, at the end of 2002, I let the board know I was resigning because I didn't think I was experienced enough to successfully steer the company through this turbulent time. To my surprise, the board convinced me to stay. They believed in my plan, and

were patient while I worked to bring it to life. We successfully sold the company three years later, and I learned a lot about patience and building a strong foundation in the process.

Did you ever shake the feeling off? If yes, what have you done to mitigate it or eliminate it?

Soon after that board meeting, I learned of Vistage, and the opportunity to surround myself with a trusted peer advisory group was the catalyst I needed to gain confidence in my decisions. That's one reason why leading Vistage today is so special to me.

In your opinion, what are 5 steps that someone who is experiencing Impostor Syndrome can take to move forward despite feeling like an "Impostor"? Please share a story or an example for each.

Listen to diverse perspectives. CEOs sometimes develop confirmation bias and seek the easy places to get answers that validate their points of view. Avoid situations where you listen to people who just tell you what you want to hear. It may make you feel smart and like you have all the right ideas, but it keeps you from seeing important pitfalls or better solutions.

Good CEOs listen to contrary beliefs—both inside and outside their companies—so they understand the full picture.

Embrace vulnerability. Vulnerability now is a strength that leaders want to be open about. They want to be clear about their shortcomings and their mistakes. This is important because it shows your team that you are trying to improve. A leader who thinks they must have all the answers—or else appear weak to their team—is not setting themselves up for success.

Champion transparency and candor. Create an open environment where your team can celebrate the successes and learn together from the failures. You need to have one story for your team, staff and stakeholders, and the one story has to be the truth.

Be clear on your company purpose. When you are clear about purpose, it invites every single employee, every customer and every supplier to make sure you're doing what you said you'd do. And it creates a true north star that's the foundation of integrity and trust in your business.

Get comfortable delegating. Delegation can accelerate company success by creating new leaders who have the flexibility to solve complex problems themselves. It also frees the CEO up to focus on big picture items such as strategy, culture, organization and results.

You are a person of great influence. If you could inspire a movement that would bring the most amount of good to the greatest amount of people, what would that be? You never know what your idea can trigger. □



Douglas Ferguson, founder of Voltage Control

Author Og Mandino, had a famous saying that applied to me as an athlete and still applies to me as a leader: "Strong is he who forces his actions to control his thoughts, and weak is he who lets his thoughts control his actions." In the spirit of Nike, just do it! While this can seem counter-intuitive, it is amazing how much can be accomplished by making the decision to get something done rather than continuing to contemplate a million "what if" scenarios. I often tell people to stop looking at the lake and wondering how many times you can skip the rock, and just throw the rock and see! So many people think of decisions in terms of a right one and a wrong one, when in fact there may be several right answers. The value and happiness of taking action cannot be overstated. When we take action we commit and we see things with much more clarity and consequence, and even if we make a bad decision we are in the moment and we can

redirect things. Talk about a powerful excerpt! Read [the whole interview here](#).

Douglas Ferguson, founder of Voltage Control

We would like to explore and flesh out the experience of Impostor Syndrome. How would you define Impostor Syndrome? What do people with Impostor Syndrome feel?

To me, Impostor Syndrome is the feeling that you don't know enough about the field of business that you are working in and then everyone will soon find out. People with Impostor Syndrome lack full confidence in their skills and background and worry that everyone around them knows more than they do.

What are the downsides of Impostor Syndrome? How can it limit people?

The downsides are that you limit and question yourself when you're paralyzed by Impostor Syndrome. When you second-guess yourself or get too caught up in your own fears or insecurities, you're not at your best and you're probably not taking advantage of some of your biggest strengths.

In your opinion, what are the steps that someone who is experiencing Impostor Syndrome can take to move forward despite feeling like an "Impostor"? Please share a story or an example for each.

Acknowledge it: Be aware that you're feeling like an imposter. Naming is something is usually a great first step.

Focus on Your Strengths: Make a list of what you're uniquely good at. Return to your list when you feel your confidence is rocky or you're unsure of yourself.

Decide What You Want to Improve: Everyone has room for growth. Decide what skills you want to grow and actively work to develop them.

Find a Mentor: Identify someone that you look up to, both personally and career-wise. Ask them to be your mentor, so you have someone you can talk with when you run into tough moments at work. Catch the [rest of the interview here](#).

Just because you have years of experience doesn't mean you are immune from the effects of impostor syndrome. Maybe there's a position up the ladder that you are more than qualified for, but you don't apply for it because you think you don't have what it takes, that's impostor syndrome. Candice Georgiadis, using her skillset, is bringing the syndrome to the masses and opening the door for many people that have it but think they are 'alone' with it.

About Candice Georgiadis

Candice Georgiadis is an active mother of three as well as a designer, founder, social media expert, and philanthropist. Candice Georgiadis is the founder and designer at CG & CO. She is also the Founder of the Social Media and Marketing Agency: Digital Agency. Candice Georgiadis is a Social Media influencer and contributing writer to ThriveGlobal, Authority Magazine, and several others. In addition to her busy work life, Candice is a volunteer and donor to St Jude's Children's hospital.

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