



WEL AMERICA 2024

3rd MILLENNIUM WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, MANAGEMENT POSITIVE PSYCHOLOGY, MENTAL HEALTH CONFERENCE (EDITION 4)

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Imposter syndrome, a psychological phenomenon characterized by persistent self-doubt and the fear of being exposed as a fraud despite evidence of competence and accomplishment, affects a sizable portion of individuals across various domains. This presentation aims to delve into the intricacies of imposter syndrome, shedding light on its underlying causes, consequences, and potential interventions.

During the session, we will explore the origins of imposter syndrome, examining how societal expectations, perfectionism, and early life experiences contribute to its development. By understanding these factors, we can better grasp the complex psychological mechanisms that perpetuate feelings of inadequacy and self-disbelief.

Furthermore, this presentation will address the diverse manifestations of imposter syndrome in different professional contexts, including academia, business, and creative fields. By examining case studies and real-life examples, we will highlight the shared challenges faced by individuals grappling with imposter syndrome and how it impacts their personal and professional lives.

In addition to discussing the negative impact of imposter syndrome, this presentation will also explore potential strategies and interventions for mitigating its effects. We will examine evidence-based approaches, such as cognitive-behavioral techniques, mindfulness practices, and supportive environments, which have shown promise in alleviating imposter syndrome. Moreover, we will delve into the role of mentorship, peer support, and self-compassion in fostering resilience and empowering individuals to overcome self-doubt.

Finally, this session aims to provide attendees with practical tools and recommendations for addressing imposter syndrome within their respective fields. By fostering a greater understanding of imposter syndrome, we can create inclusive environments that nurture talent,

UNDERSTANDING IMPOSTER SYNDROME: A PSYCHOLOGICAL EXPLORATION

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bolster self-confidence, and foster a culture of authenticity and self-acceptance.

Join us for this insightful presentation as we strive to unravel the complexities of imposter syndrome and empower individuals to recognize their own worth, embrace their achievements, and navigate their professional journeys with confidence and resilience.

Biography

Ewa J. Kleczyk, PhD is an accomplished professional in the field of healthcare analytics and data curation. As the Senior Vice President of Commercial Analytics & Data Curation at Target RWE, she leads the provision of cutting-edge real-world data (RWD) solutions that are essential in the drug development and commercialization process within the healthcare industry.

With two decades of experience, Dr. Kleczyk has built a remarkable reputation as a leader in healthcare analytics and operations. She has a proven track record of establishing high-performing teams and delivering innovative analytics solutions. Her expertise extends to commercial analytics applications, privacy compliance, and data operations, which she honed during her previous role as Vice President of Advanced and Custom Analytics at Symphony Health, ICON, plc.

Dr. Kleczyk is widely recognized as an authority in her field and is frequently invited to speak at renowned industry conferences. She has shared her insights and expertise at prestigious events such as the Pharmaceutical Marketing Sciences Association, HIMSS, DTC Perspectives, CDM Media, Pharmaceuticals & Novel Drug Delivery Systems, and the Conference for Business and Economics at Harvard University. Her speaking engagements also encompass various women's conferences that delve into advancing women in different professional domains.

Furthermore, Dr. Kleczyk has made significant contributions to academia and industry through her publications in multiple journals and her involvement as a board member in several peer-reviewed publications. Her dedication to mentoring future women leaders in the healthcare industry has