

# POSTDOC LUNCH

Tuesday, 17th November 2020 | 1-2 pm | online

Desiree Dickerson. PhD

## Perfectionism and Imposter syndrome

We argue that our perfectionism drives us to great heights, to excel, and to maintain our edge. We rarely stop to see the costs it carries. Imposter syndrome distorts the way we see ourselves, our performance, and our capabilities. Both reflect our doubts and fears – fear of being judged, fear of failing, fear of not being good enough, fear of not belonging. They're the product of distorted thinking patterns. Thinking patterns that we can change.



**Desiree Dickerson PhD** is a clinical psychologist who specialises in the mental health and well-being of the research community. As a former postdoc in the neurosciences, Desiree works globally with universities, lab groups, and academics in the pursuit of a healthier, sustainable approach to research.

She has also contributed to the dialogue around mental health and well-being in academia through pieces in Nature & Science on imposter syndrome [commentary article](#)

More: [www.desireedickerson.com](http://www.desireedickerson.com)

*Note: this is a 45 min seminar + 15 min Q+A*

The Postdoc Lunch is an informal meeting of postdoc scientists in temporary employment at GEOMAR. The Postdoc Lunch takes place every two weeks on Tuesdays from 1:00 to 2:00 pm. At present only virtual. Information about the room will be communicated timely via the PACT-mailing list. At each meeting, there will be a 20-minute information talk on "What every postdoc should know" followed by time for questions and general exchange. Our new postdocs will be introduced and welcomed. More: [www.geomar.de/en/pact0](http://www.geomar.de/en/pact0) | Contact: [pact-info@geomar.de](mailto:pact-info@geomar.de)