

Sewell: Imposter syndrome and changing your mind

author:



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Synopsis

Episode 9 with Ada Sewell.

"I'm in this turbulent ocean of all of these feelings and it's like, Do I want to struggle against the waves for my whole life or do I want to learn how to surf?"

Ada is a life coach who works with creatives and entrepreneurs in busting the myth that "the struggle is real," and changing your mindset in order to lean into what challenges you.

She was diagnosed a few years ago at the age 26 after a close friend of hers who has ADHD starting talking about her own experiences and Ada thought, "Hmm, this is really relatable."

Ada talks about her intense emotions as a child and her sensitivity to criticism and how quick she was to anger "and the strategies she uses in adulthood now that she understands her ADHD.

We also talk a lot about imposter syndrome among creatives and artists and coaches, too, and how to deal with that crippling fear of failure that can keep us from achieving our highest potential.

DISCLAIMER: Ada and I talk for a bit about the various medications we've tried over the years and their effects, so I want to remind you that neither of us is a medical professional, we're just discussing our personal experiences. We are not offering any advice "and it should go without saying that you should consult your own doctor when it comes to the right medication for you.

OK, that said, this is a lovely conversation and I had a great talking with Ada so enjoy!

Website: Ada Sewell Coaching Instagram: @coachadasewell

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