



I'm sure you've heard of Imposter syndrome.

But have you heard of its opposite, the Dunning-Kruger effect?

Imposter syndrome makes confident people feel incompetent, and the Dunning-Kruger effect makes incompetent people feel competent.

It's a belief that you are correct and you know what you're doing despite all evidence to the contrary.

While we do need to be cautious to not let Imposter syndrome hurt the work that we're doing, we have to be really cautious not to let the Dunning- Kruger affect you the same.