

SARAH



Photo by Sharon McCutcheon @ Unsplash. - Dogs name, unknown

Sarah has Imposter Syndrome. As a nurse, she has fabulous people skills but struggles to remember all the acronyms. Her grades are good but in secret, her confidence is floundering. Her Mum and Dad re-mortgaged their home to pay for her learning and the pressure to succeed is intense. It's a classic case of Sarah looking after everyone else but herself.

Sarah wants to share the 'real-life' story of being a rookie, to help others with their wellbeing – but by revealing that her own life isn't perfect, will it make her look 'unprofessional'?

- What should Sarah do? In terms of communicating?
- How can she explain that being a nurse is a raw, complex, challenging role, when she's pigeonholed as "kind"?
- How does she tell people that she's not Florence Nightingale, she's a one-person, 21st Century team?

- On this particular project, how could Sarah's voice be heard?