

# Office of Correctional Medicine

# NURSE ROUNDTABLE

**Tuesday, January 27, 2026**

**12 – 1 p.m.**

**Webex Only**

[Webex Link](#)

Password: SIU123

## **What is Imposter Syndrome and Do I Have It?**

**Brenda Bucher, NBC-HWC**

Brenda Bucher is a National Board Certified Health and Wellness Coach and a retired high school educator with a master's degree in Human Development Counseling. She supports individuals and groups in promoting well-being, resilience, and personal growth.



### **Those participating in this activity will be able to:**

- Define Imposter Syndrome and distinguish it from normal self-doubt.
- Recognize emotional, cognitive and behavioral indicators.
- Describe populations commonly impacted and contributing factors.
- Discuss how Imposter Syndrome affects confidence, performance, and career development.

### **Disclosures:**

None of the speakers, planners, or course directors have any relevant financial relationships with ineligible companies to disclose.

### **ACCREDITATION and CREDIT DESIGNATION:**

SIU School of Medicine is preapproved as a continuing nursing education provider pursuant to Section 1300.130, subsection c, 1), B) and O) of the Illinois Department of Financial and Professional Regulation Nurse Practice Act. Nurses may receive a maximum of 1 contact hour for completing this activity.

SIU School of Medicine is a licensed provider for continuing education for nursing home administrators (license #139-000027), social workers (license #159-000106), clinical psychologists (license # 268-000008), professional counselors/clinical counselors (license number 197-000073), and dietitians/nutrition counselors (license # 199.000121). This program offers a maximum of 1 CE hours.

All other attendees will receive a Certificate of Participation.

### **DISCLOSURE POLICY**

It is the policy of Southern Illinois University School of Medicine that speakers, planners and anyone in control of content disclose real or apparent conflicts of interest relating to the topics of this activity, and also disclose discussions of unlabeled/unapproved uses of drugs or devices during their presentation(s). The SIU School of Medicine Office of Continuing Professional Development has policies in place that will identify and mitigate all conflicts of interest prior to this activity. Detailed disclosure will be provided prior to the start of the activity.