

Dynamic Transitions Psychological Consulting



About Dr. Lisa Orbé-Austin

Dr. Lisa Orbé-Austin is a licensed psychologist, executive coach, and best-selling author specializing in career advancement, leadership development, and Imposter Syndrome. She is the co-founder and partner of Dynamic Transitions Dr. Lisa Orbé-Austin is a licensed psychologist, executive coach, and best-selling author specializing in career advancement, leadership development, and Imposter Syndrome. She is the co-founder and partner of **Dynamic Transitions Psychological Consulting**, a career and executive coaching consultancy where she works with high-potential managers, executives, and emerging leaders to help them thrive professionally and personally.

Lisa Orbé-Austin, PhD
Founding Partner
Dynamic Transitions Psychological Consulting, LLP

Dr. Orbé-Austin earned her doctorate in Counseling Psychology from **Columbia University** and is widely recognized as a thought leader on topics including **Imposter Syndrome, career transitions, workplace equity, and leadership identity**. Her insights have been featured in prominent media outlets such as The New York Times, NBC News, Forbes, The Huffington Post, Business Insider, Refinery29, and Insight Into Diversity. Her popular **TEDx** talk, "The Impostor Syndrome Paradox: Unleashing the Power of You," has garnered over **165,000 views**.

She is the co-author of three critically acclaimed books published by Ulysses Press:

- **Own Your Greatness** (2020), a Foreword INDIES Book Award finalist, which offers a step-by-step program to overcome Imposter Syndrome;
- **Your Unstoppable Greatness** (2022), which addresses the systemic forces that reinforce self-doubt and teaches readers how to reclaim agency and power in their careers;
- **Your Child's Greatness** (2025), her newest work, which helps parents, educators, and coaches prevent the development of Imposter Syndrome in children by tackling root issues like performance anxiety, internalizing success, and coping with failure.

Dr. Orbé-Austin has twice been named a **LinkedIn Top Voice**, recognized in the categories of **Job Search & Careers** and **Mental Health**, and is a sought-after speaker and commentator on the intersection of psychology, leadership, and identity.

Social



82k
FOLLOWERS



378k
FOLLOWERS



1.2k
FANS



20k
FOLLOWERS



/drorbeaustin



/lisaorbeaustin/



/dtpcllp



/drorbeaustin

The Own Your Greatness Book

Stop letting impostor syndrome hold you back! This guided workbook of interactive exercises and research-backed activities will help you conquer self-doubt, realize your true worth, and enjoy your success.

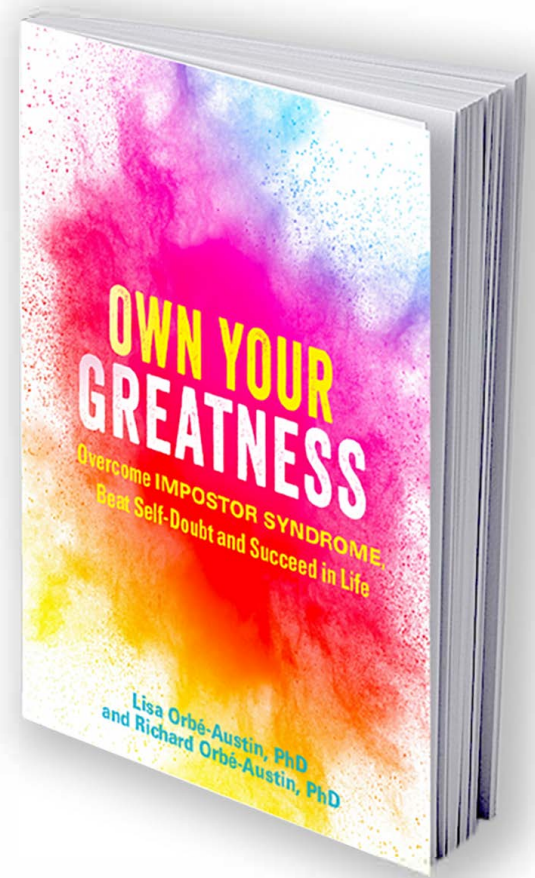
How many times have you thought that everyone is crushing it except you? How often have you looked at one of your accomplishments and attributed it to luck or the help of others? It can be difficult to acknowledge our own successes and skills, and overcome the feeling of being an impostor. **But moving past that feeling is crucial to continuing down the path to even greater success and happiness.**

“ Own Your Greatness is SO much more comprehensive than I expected. In addition to covering the ground you'd expect – an overview of what imposter syndrome is, identifying your triggers, and coping/healing strategies – it also takes you through identifying where you got your impostor syndrome. In doing so, you can empathetically contextualize it so you can release it, reprogramming your automatic negative thoughts, prioritizing self-care, and setting yourself up for optimal performance in the future.

– Amazon Reviewer

“ I am shocked at how impactful this workbook has been I can't overstate how helpful this book is. You have to put in the work, and really self-analyze with their guidance, but it's completely worth it!

– Amazon Reviewer



Own Your Greatness will give you all the tools you need to recognize and overcome the impostor syndrome that is holding you back.

Packed full of research- and therapy-backed exercises, prompts, and activities, this interactive workbook will help you:

- Identify the root causes of your impostor syndrome
- Recognize your natural skills and strengths
- Gain the confidence to lead
- Speak up for yourself
- Feel comfortable receiving and giving praise

With this book, you'll acknowledge the skills you bring to the table, understand that you truly deserve your success, and take steps to a successful, happy, and fulfilled life.



2020 Foreword
INDIES Book Award
FINALIST

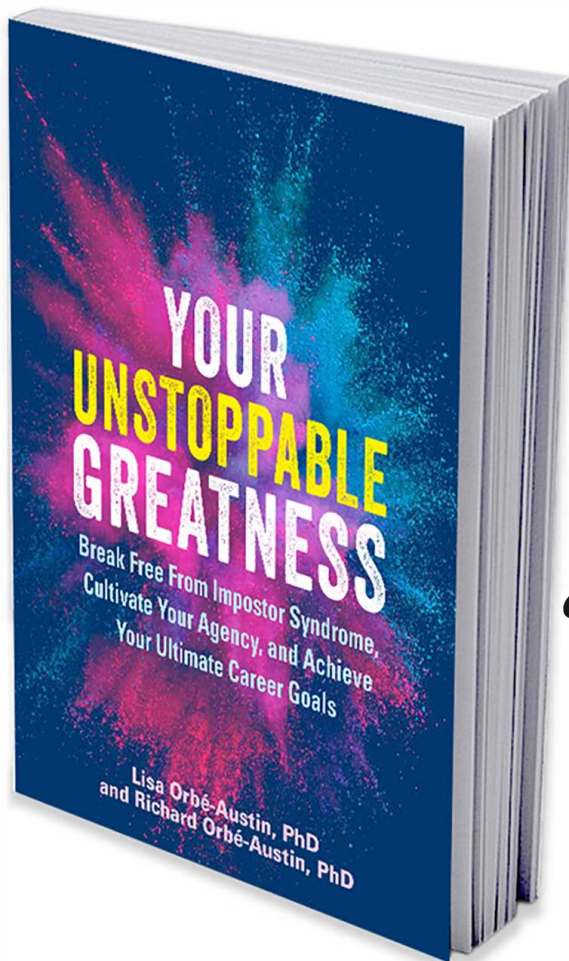
Product Details

Publisher : Ulysses Press
Publish Date: April 28, 2020
Language: : English
Paperback : 152 pages
ISBN-10 : 1646040244
ISBN-13 : 978-1646040247
Item Weight : 12 ounces
Dimensions : 7.5" x 0.35" x 9.25"

★★★★☆ 4.7 out of 5

351 global ratings (on Amazon.com)

The Your Unstoppable Greatness Book



In their first book, Lisa and Richard Orbe-Austin offered concrete steps to overcome impostor syndrome and Own Your Greatness. Now, they're taking the work a step further and showing how to navigate toxic or unsupportive work cultures in a healthy way. Their programmatic approach to creating impostor syndrome reducing cultures was developed from years of professional experience and informed by their own struggles feeling unsupported and unhappy in the workplace. For those ready to pursue their goals and create positive change in their work environment, Your Unstoppable Greatness will support their journey.

“ In Your Unstoppable Greatness, Lisa and Richard Orbe-Austin brilliantly use their clinical insights as licensed psychologists, combined with years of working with companies, associations, and universities, to provide an accessible book aimed at helping individuals combat their impostor feelings to reach their highest potential. Grounded in sound psychological principles and insights ... the book provides an easy-to-follow, step-by-step guide for achieving one's dreams by learning how to identify systems, organizations and toxic work environments that serve to reinforce feelings of impostorism.

— Kevin Cokley, Ph.D. University Diversity and Social Transformation Professor, University of Michigan, and Editor of Making Black Lives Matter: Confronting Anti-Black Racism

“ This book contains outstanding frameworks to navigate the toughest workplace scenarios, including applicable questions after each succinct chapter. In a field chock-full of self help and advice, this one delivers above and beyond as it poses real-world questions to reconsider situations that often have seemed impossible to describe. The authors' depth of understanding about the stakes within modern workplaces makes this a reference guide as much as a tool in crisis redirection & burnout aversion. Highly recommend to anyone struggling to make sense of workplace dynamics, or to those just looking to make wise decisions.

— Amazon Reviewer

Overcome Impostor Syndrome and Build Your Ideal Career!

Have you ever felt stuck at your job? Or burned out due to a toxic work environment? When you struggle with impostor syndrome and feel like a fraud, it can become easy to get trapped into an unhealthy cycle in your career and lose focus of your goals.

Your Unstoppable Greatness will give you the tools you need to recognize your potential, connect to your agency, and create the career path you always wanted. With the help of this interactive workbook, you'll find research and therapy-backed exercises, prompts, and activities to help you:

- Identify Toxic Work Cultures
- Conquer Perfectionism
- Construct Your Dream Career
- Redefine Your Success
- Feel Empowered in Your Agency

Take the next step to achieve a happier, more fulfilling career.

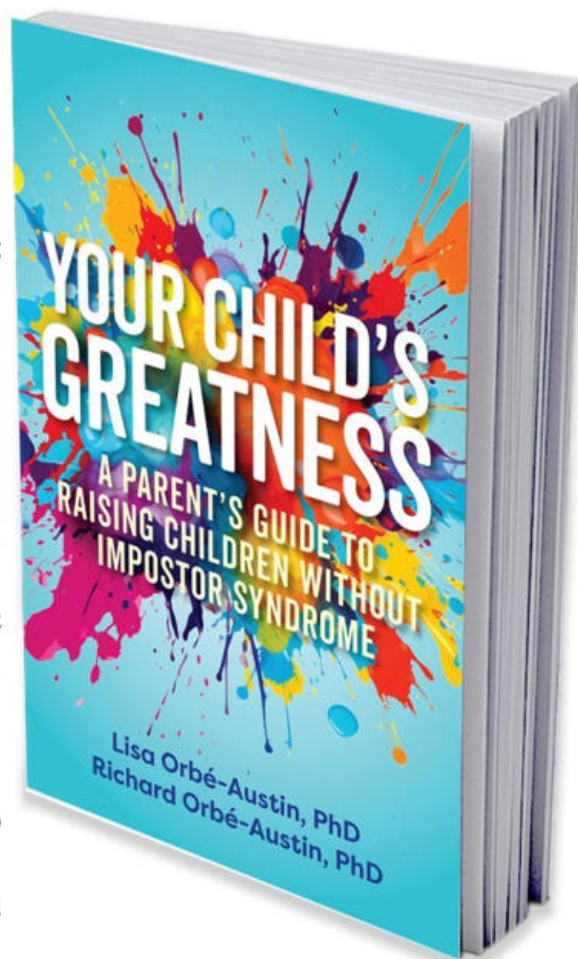
Product Details

Publisher : Ulysses Press
Publish Date: Dec 6, 2022
Language: : English
Paperback : 216 pages
ISBN-10 : 164604407X
ISBN-13 : 978-1646044078
Item Weight : 6.4 ounces
Dimensions : 7.5" x 0.5" x 9.25"

★★★★★ 5 out of 5

The Your Child's Greatness Book

Your Child's Greatness is a compassionate guide to raising confident, emotionally healthy kids—free from impostor syndrome. Drs. Lisa and Richard Orbé-Austin help parents build strong relationships, navigate conflict, and foster emotional regulation. With practical tools to support self-worth, growth-minded feedback, and authentic self-expression, this book empowers families to break cycles of self-doubt and raise resilient, self-assured children. Featured recently on the Today Show, the authors offer trusted, research-based strategies for nurturing lasting confidence from early childhood to independence.



“An eye opening guidebook for preventing impostor syndrome in children. This book explores how to handle conflict, developing and modeling growth mindset, and handling performance anxiety. If you are a parent, caregiver, educator, or interested in a career working with children, this book is an essential read.

– Amazon Reviewer

“The sections on growth mindset were especially valuable. As a teacher, I've seen how early reinforcement of this mindset helps kids bounce back from mistakes and view challenges as opportunities. The book gives concrete advice on how to pass this perspective on to children early, which I've applied both in my classroom and with my own daughter.

– Amazon Reviewer

Your Child's Greatness will act as a manual to the principles and skills that are critical in the development of healthy self-esteem in children, including:

- An ability to develop an internal sense of validation and self
- The skills to handle critical feedback with an aim toward growth
- A focus on collaboration and building community around them
- A lack of fear around who they are, what they want, and the journey that they are on
- And so much more!

From expert authors Lisa and Richard Orbe-Austin comes an honest, reliable, and nurturing guide that makes sure every parent and guardian has the tools they need to raise their children without impostor syndrome.

Product Details

Publisher : Ulysses Press
Publish Date: Feb 11, 2025
Language: : English
Paperback : 288 pages
ISBN-10 : 1646047699
ISBN-13 : 978-1646047697
Item Weight : 10.4 ounces
Dimensions : 6" x 0.8" x 9."

★★★★★ **5 out of 5**

Media: Videos and Podcasts

The Imposter Syndrome Paradox | TEDxDeerPark



The Impostor Syndrome Paradox: Unlocking the Power of You - TedX Talk.

Regular Contributor to NBC LX



Watch Lisa in interviews concerning Career Issues & Mental Health.

Lisa Orbé-Austin Battling Impostor Syndrome



Allison Haunss interviews licensed psychologist & executive coach Lisa Orbé- Austin.

HUFFPOST: Building Resilience In The Workplace



A discussion on mental health, myths about productivity & tips for being kind to yourself in an era of constant emotional stress & grief.

Today with Hoda and Jenna - What is imposter syndrome



Psychologist Dr. Lisa Orbé-Austin shares how to understand if you are experiencing imposter syndrome.

Flip the Script On Impostor Syndrome w/ Jessi Hempel



Watch LinkedIn News' Jessi Hempel chat with Lisa Orbé-Austin about self-doubt, highlighting strengths, and reframing negativity.

WPIX - Raising Empowered Children



Practical strategies for helping children build confidence and self-worth from Drs. Lisa and Richard Orbé-Austin

OUTSIDE THE BOX featuring LISA ORBE-AUSTIN, PhD



Psychologist & Executive Coach|TEDx Speaker|Author, Own Your Greatness: Overcome Impostor Syndrome.

Podcasts

Hello Monday with Host Jessi Hempel

Battling Impostor Syndrome with Lisa Orbe-Austin



I Choose Me with Jennie Garth

Jessie discusses her feelings of imposter syndrome



The People Podcast with Jesse Tinsley

Maintaining Inclusivity in the Workplace with Prem Kumar, Arik Armstead and Tim Salau.



Her Life By Design with Host Christina Galbato

How to Get Beyond Impostor Syndrome and Other Mindset Blocks



Switch, Pivot, or Quit with Host Ahyiana Angel

How to Work Through Impostor Syndrome



Get Wellthy with Host Michelle Smith

Episode 16: Struggling with Impostor Syndrome? with Dr. Lisa Orbe-Austin



Pharmaceutical Podcast with Host Kim Newlove

Interview with Dr. Lisa Orbé-Austin



The Productive Woman with Host Laura

Overcoming Impostor Syndrome



Sustainably Human At Work with Liz Wiltsie

On Impostor Syndrome with Dr. Lisa Orbé-Austin



Q&A: Impostor Syndrome FAQs

WHAT IS IMPOSTOR SYNDROME?

Impostor syndrome is the phenomenon where you constantly feel fearful of being exposed as a fraud, constantly doubt your abilities, and have difficulty internalizing your accomplishments.

WHO TENDS TO EXPERIENCE IMPOSTOR SYNDROME?

While 70% of the population reported having experienced impostor syndrome, it tends to affect high achieving professionals most often.

WHAT IS THE BEST WAY TO ADDRESS IMPOSTOR SYNDROME?

You can help them by being supportive of their impostor syndrome experience, and not dismissing their concerns as being "silly" or "foolish." Allow them space to speak their truth and to explore their challenges with you. Then, you want them to be able to counter their narrative about being a fraud and provide them with positive feedback about their skills, talents, and accomplishments. You want them to also prioritize their self-care and to not overwork.

HOW DO YOU KNOW WHEN YOU HAVE IMPOSTOR SYNDROME?

Impostor syndrome typically shows up in your work life. If you tend to overwork, discount positive feedback, are unable to own your accomplishments, attribute your successes to luck, mistake, or a relationship, and are always concerned about being exposed as a fraud, you likely are experiencing impostor syndrome.

HOW DOES IMPOSTOR SYNDROME IMPACT LEADERSHIP?

As a leader, it may cause you to micromanage, to be indecisive, and to overwork yourself and your team, which can lead to negative feedback, poor performance reviews and a loss of credibility. It may also cause you to not take risks, which can limit innovation, and the perfectionism linked to impostor syndrome, may also lead you to be more reactive to team members when they make a mistake, which can erode trust.

HOW CAN IMPOSTOR SYNDROME AFFECT YOUR CAREER?

Impostor syndrome can cause you to not take risks, such as finding a better job, because you are afraid of being exposed as a fraud, and don't believe that you will be able to succeed elsewhere. Therefore, impostor syndrome can limit your options, including seeking a promotion or asking for a raise, since you don't believe you are deserving of advancement. Impostor syndrome can also cause perfectionism to be heightened, making you unable to tolerate mistakes and diminishing your confidence when errors are made, leading to less visibility, and less opportunities for advancement.

CAN YOU CURE IMPOSTOR SYNDROME?

Impostor syndrome is not a diagnosable psychological condition. Therefore, it is not a condition to be cured. Rather you can overcome it, by changing your thoughts, actions and behaviors. The goal is to minimize and control impostor syndrome feelings, especially in situations which can trigger it, like starting a new role or taking on a new project. By decreasing the volume and frequency of your inner critic, which sustains impostor syndrome, you can neutralize its effect on your daily work and leadership experiences.

Testimonials & Honors

LinkedIn

TOP
2022
VOICES

“It is always a pleasure for me to work with Dr. Orbé-Austin! She gave one of the most popular keynote addresses at the 2021 Harvard Medical School Coaching Conference, sponsored by the Institute of Coaching, which is one of the world’s largest coaching conferences. ... She is an expert on Impostor Syndrome and I wouldn’t hesitate to recommend her to any organization interested in a research-based approach to this important topic!”

– Jeffrey W. Hull, Ph.D., Director of Global Development, Institute of Coaching, Clinical Instructor of Psychology, Harvard Medical School of Social Work

“Lisa is a dynamic and compassionate educator and coach. Her workshops on Imposter Phenomenon have been pivotal for staff, especially people of color and LGBTQ leaders, who so often feel unseen in the workplace. Her work has normalized the experience of imposter syndrome and provided emerging leaders with the practical tools to honor themselves and to ask for more.

– Ashleigh Washington, MSW, Senior Director of Learning & Staff Development, Safe Horizons

TED^x DeerPark
x = independently organized TED event

The Impostor Syndrome Paradox:
Unleashing the Power of You

“Every year, they deliver research-backed, equity-informed programming on how students can own their greatness and find the career of their dreams. Their facilitation style is empathetic, energetic, and warm, and students always walk away from their interactions with Lisa and Rich feeling validated and inspired ... They are an incomparable asset to any program, organization, or individual that is looking to find meaning and purpose in their lives.

– Sasha Massey , Associate Director, Social Impact Leadership Programs, New York University


Coaches50
THINKERS
50

The volume is a very readable treasure trove of wisdom which guides the reader in applying psychological truth – taken from the authors’ professional practice and expertise – to address stumbling blocks to career success. Unlike many volumes which do not offer the “how to” in achieving the reader’s goals, Your Unstoppable Greatness acts as both commentary and a workbook that uses practical techniques and tools – case studies, reflection exercises, and a wide range of helpful tips and key takeaways – to assist the reader in understanding Impostor Syndrome’s impact and the workplace dynamics that trigger it . . . It will help you to recognize and address the beliefs and behaviors that may be blocking the success that you desire and deserve – add it to your library today!

– Dr. Corlisse Thomas, Senior Vice Chancellor at Rutgers University