

Women in Cardiology



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Women in Cardiology – KY ACC

- Platform for networking, support and professional development
- Increase the participation of women in the field
- Opportunities for Leadership roles
- Mentorship
- Community Building
- Personal development
- Advocacy for women in the field
- Empowerment of women
- Service the community



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Breaking Down Barriers

Empowering Women in Cardiology

Equity for Women in Cardiology

Challenges and Opportunities

MEET THE PANEL

Dr. Dinesh Kalra

Dr. Maya Ignaszewski

Dr. Patricia Grodecki

(Dr Steve Leung)

Moderator - Dr Michele Friday



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FROM INVISIBLE TO INVINCIBLE!

Overcoming the Imposter Syndrome

Michele Friday MD FACC FSCAI
WOMEN IN CARDIOLOGY CHAIR
KYACC



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You Are Not Alone!

Psychological phenomenon where individuals doubt their accomplishments and sense of belonging and feel like they're pretending to be something they're not.

70% of people experience imposter syndrome at some point in their lives.



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Why are Women in Cardiology affected???

-15 to 20% of cardiologists are women

10% of Interventional Cardiologists are female

Electrophysiologists – 11 to 15%

WOMEN REMAIN underrepresented in the field and in leadership positions

WOMEN FEEL like “tokens” a minority in the field. Increased scrutiny – erodes confidence

Few women in leadership roles leads women to self doubt and have Imposter Syndrome

Can create anxiety – Being judged on gender rather than abilities

Not part of the “boy’s club”

Limited role models – need guidance and support

Internalize the message that they are not suited for the role because of their gender



Signs and Symptoms

- Feeling like a fake/ makes you uncomfortable
- Difficulty accepting praise and recognition
- Fear of being found out
- Over emphasis on perfection
- Self doubt
- Anxiety
- Doing more than is necessary



The impact of IMPOSTER SYNDROME

- Can hold women back from advancing in their careers
- Can lead to anxiety and burnout
- Can make a women feel as though she does not belong in Cardiology
- Feelings of guilt
- Depression
- Withdrawal
- Isolation



Strategies to overcome Imposter Syndrome

Reframe negative self talk – Is this thought really true?

I am a failure for making a mistake – **I will learn from it and do better**

Celebrate your strengths and accomplishments/ take compliments.

See criticism as an opportunity for growth – not a personal attack

Use affirmations- **I am capable and confident**

I'm not sure that I can handle this complex case – **I've prepared well and have a good team**

I am not good enough to be a cardiologist – **I'm skilled and compassionate and will provide excellent care to my patients.**

I'll never balance work – life- **I'm capable and good at managing my time to achieve a healthy work life balance**



Build a strong support network of women!

- Community and Comaraderie
- WIC- women in Cardiology
- Women in Cardiology National Meetings/International/Functions
- Dinners/ WIC SPRING Luncheon
- Hospital based meetings with other women
- Reach out and connect. Students, Residents, Fellows, Attendings.
- Social Media
- I am interested in connecting with other women in this space...
- **We all need each other! EMPOWERMENT!**



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Conquer Imposter Syndrome “Feeling” GROW DAILY

- Recognize it as a feeling when it tries to overcome you.
- Rise up above it!
- Develop a GROWTH mindset- *challenges are opportunities for growth*
- Seek mentorship/ DEVELOP RESILIENCE
- Stay up to date/
Publish/WRITE/SPEAK/ADVOCATE/JOIN/DO
- FOCUS ON YOUR STRENGTHS**
- Say “yes” to leadership opportunities
- Pay it forward- **Lift as you rise!**



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YOU ARE **NOT** ALONE....

Our Next VIRTUAL WIC

-A Book Club-

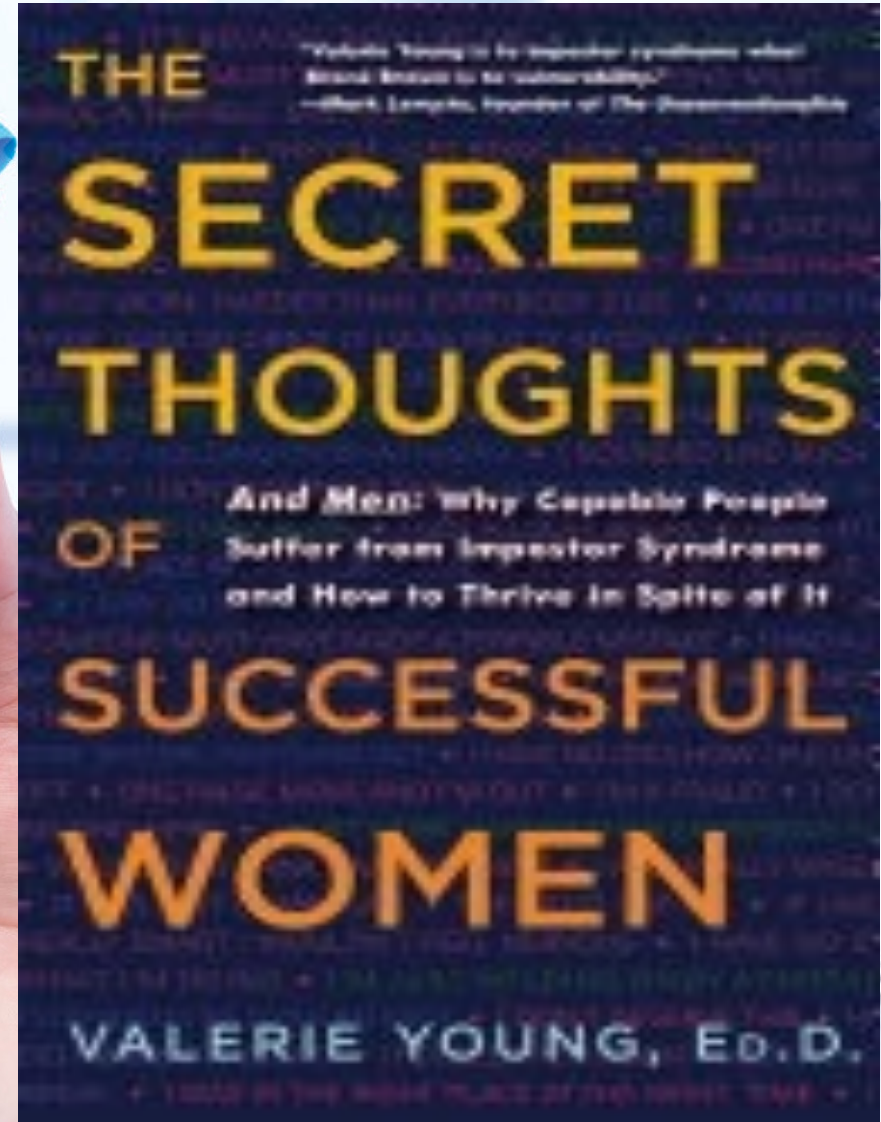
Thursday November 20th 2025

7:30am

**The Secret thoughts of
successful women** –

Valerie Young

The Imposter Syndrome
Institute



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*Thank
you*



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