



The Ultimate Corporate Event Company

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**Impostor Syndrome Speaker - Expert & Award-Winning Author**

<http://www.kmprod.com/speakers/dr-valerie-young>

## **Bio**

An internationally known speaker on impostor syndrome, **Dr. Valerie Young** has devoted her career to understanding women's most deeply held beliefs about themselves and their success. In her decades of in-the-trenches research, she has uncovered the often surprising reasons why so many accomplished women experience this crushing self-doubt. A former manager of strategic marketing at a Fortune 200 company herself, Dr. Valerie Young has shared her highly relatable and practical advice to tens of thousands of executives, managers, and professionals in the United States, Canada, and Europe. [morelink]

## **Topics**

**VIRTUAL / KEYNOTE**

*Signature Presentation*

## How to Feel as Bright and Capable as They Think You Are

This presentation can be tailored to fit almost any time slot from a dynamic keynote presentation up to 90 minutes or a two, or three-hour interactive workshop..

### *Key Take Aways:*

- What is the Impostor Syndrome and how does it work;
- Creative ways impostors explain away their success;
- 7 perfectly good reasons why smart people feel like frauds;
- How your personal competence rulebook may be setting you (or your employees) up to fall short;
- Procrastination, perfectionism and other unconscious coping strategies “impostors” use to avoid being found out and the price they – and their organizations – pay for that protection;
- 5 important reasons why women are both more susceptible to and held back by impostor feelings;
- Practical steps to help yourself, your employees, or your college-age/bound children to interrupt the Impostor Syndrome and end needless self-doubt.

Dr. Valerie Young is represented by K&M Productions. To inquire about Dr. Valerie Young's speaking schedule, **fees & booking Dr. Valerie Young, contact us.**