



Millions of people around the world from CEOs to college students to A-list celebrities secretly worry they're not as bright or capable as everyone *thinks* they are. It's called the *Impostor Syndrome* — and Dr. Valerie Young has the cure.

Bookings contact: K&M Productions (Toronto)
905.831.0404 - www.kmprod.com/speakers/valerie-young

The whole problem with the world is that fools and fanatics are always so certain of themselves, and wiser people so full of doubt.
BERTRAND RUSSELL

I have written eleven books, but each time I think, 'Uh oh, they're going to find out now. I've run a game on everybody, and they're going to find me out.'
MAYA ANGELOU

At anytime I still expect that the no-talent police will come and arrest me. MIKE MEYERS

You think, 'Why would anyone want to see me again in a movie? And I don't know how to act anyway, so why am I doing this?'
MERYL STREEP

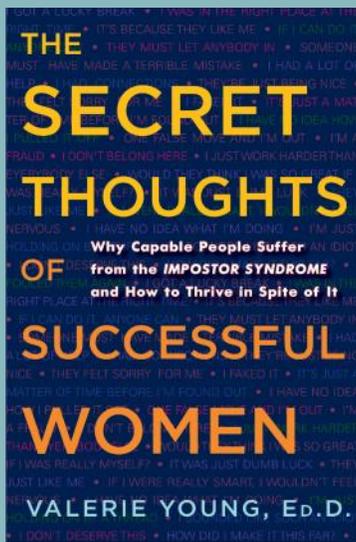
[I worry that] people are going to realize that I'm a great fraud and it'll end. RACHEL MADDOW
MSNBC host

I still have this background feeling that one of the security guards might come and throw me out.
MICHAEL USLAN, Batman movies producer

Dr. Valerie Young is an internationally-known speaker, a leading expert on the impostor syndrome, and author of award-winning book *The Secret Thoughts of Successful Women: Why Capable People Suffer from the Impostor Syndrome and How to Thrive in Spite of It* (Crown Business, a division of Random House).

Her career-related tips have been cited in these and other publications. In addition Valerie has been interviewed on dozens of national and local radio programs in the United States and Canada and on WPIX Channel 11 in New York.





The Secret Thoughts of Successful Women

Why Capable People Suffer from the Impostor Syndrome and How to Thrive in Spite of It

Valerie Young, Ed.D.

Young's extremely perceptive and action-oriented solutions shine. A can't-miss primer for business women everywhere. PUBLISHER'S WEEKLY

Thank you for your wonderful book. ARIANNA HUFFINGTON

Valerie Young's diligence, passion for the subject, and belief that anyone can overcome feelings of inadequacy, duplicity, and unworthiness rings loudly through out. NEW YORK JOURNAL OF BOOKS

Women who second guess themselves need to hear Valerie Young's message. SUSAN PINKER, *The Sexual Paradox*

The book is profound and practical, full of insights that will show you who you really are. You'll like what you see. BARBARA SHER, *I Could Do Anything If I Only Knew What It Was*

This book shows you how to move beyond feeling like an impostor, so that you can achieve your full personal and professional potential. LOIS P. FRANKEL, Ph.D., *Nice Girls Just Don't Get It* and *Nice Girls Don't Get the Corner Office*

Dr. Young is a mapmaker. This book is a gift to millions who want to replace fear and suffering with excitement and joy in their achievements. DR. SUZANNE IMES, Co-discoverer of the Impostor Phenomenon

[This book] will transform the lives of professional women. BETTY SHANAHAN, Executive Director & CEO of Society of Women Engineers

About the Book

"It's only because they like me." "I was in the right place at the right time." "I just work harder than the others." "I don't deserve this." "It's just a matter of time before I am found out." "Someone must have made a terrible mistake."

If you are a working woman, chances are this internal monologue sounds all too familiar. And you're not alone.

From the high-achieving Ph.D. candidate convinced she'd only been admitted to school because of a clerical error to the senior executive who worries others will find out she's in way over her head, you'd be shocked at the number of accomplished women around you, in all career paths and at every level, who feel as though they are faking it--impostors in their own lives and careers.

While the impostor syndrome *is not unique to women*, for a host of reasons they are more susceptible – and it holds them back more. They often unconsciously overcompensate with crippling perfectionism, over-preparation, by maintaining a lower profile, withholding their talents and opinions, and never finishing important projects. When they do succeed, they think "*Phew*, I fooled 'em again."

In her decades of in-the-trenches research, Dr. Valerie Young has uncovered the often surprising reasons why so many accomplished women experience this crushing self-doubt. In *The Secret Thoughts of Successful Women*, Young gives these women the solution they have been seeking.

Combining insightful analysis with effective advice and anecdotes, she explains what the impostor syndrome is, why fraud fears are more common in women, and how you can recognize the way it manifests in your life. With her empowering, step-by-step plan, you will learn to take ownership of your success, overcome self-doubt, and banish the thought patterns that undermine your ability to feel—and act—as bright and capable as others already know you are.



Over 60,000 People From the United States, Canada, and Europe Have Attended This Dynamic Presentation

Yours was OVERWHELMINGLY the most well received workshop of the event! I hope this begins a long relationship with IBM.

CHRISTINE DUNBAR, Director
Photomask Technology &
Operations IBM

Your evaluations at the McDonald's European Women's Leadership conference were overwhelming positive with most attendees rating it and you as excellent. The over 20 countries and virtually as many languages represented confirms that impostor feelings are truly universal. Thanks again for a great job.

JANE GIBBON, Senior
Director, Human Resources,
McDonald's Europe

People are still talking about your fabulous presentation. It was fantastic.

ELIZABETH MASON,
Intel Corporation

I read a lot and attend many seminars and find that most are simply takeoffs of each other and versions of popular trends and books. Your presentation was refreshing however, and provided me with new insights and information.

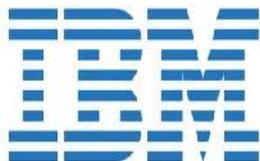
TRISH BERRY, Recruiter,
Dow Chemical

The highlight of the entire conference. A great eye-opener for both male and female employees.

IBM Employee

Corporate Clients

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 at these and other for-profit companies in the United States, Canada, and Europe.



THE CONFERENCE BOARD



Testimonials

This is definitely one of the largest responses we have had to any workshop. There must be a need!

TERRI KENNELLY-COOK,
Swanson School of Engineering,
University of Pittsburgh

The rave reviews are still coming in!

The turnout exceeded even my best expectations. DR. SHERRY E WOODS, Director, University of Texas, Women in Engineering

High achievers, like the MIT audience, need an opportunity to express what it's like to fear ever not knowing the "answer." You opened up a valuable discussion on our campus. HANNAH BERNSTEIN, Assistant Director MIT Careers Office

Your presentations were excellent and we were extremely pleased with the turnout, not just in numbers but also with the amount of different departments and disciplines that were there. I have heard so much positive feedback from lots of people. Working with you was a great experience. AMY BERTA, Graduate Women in Science Beta Chapter President, University of Wisconsin

Dr. Young's connection to the audience and breadth of examples were spectacular. Bring her back, please. FACULTY MEMBER, University of Virginia

I was particularly impressed that you were able to reach the broad range of women who attended our workshop. Everyone was able to leave with a better understanding of themselves as well as with some steps to take to correct some of the limiting behaviors and thought patterns that influence our success. Thanks again for a great workshop! RUTH BALTUS, Associate Professor, Chemical Engineering, Clarkson

Higher Education Clients

Given the pervasiveness of impostor feelings in higher education it's little wonder Dr. Valerie Young has spoken to tens of thousands of students, faculty, and staff at over 60 major colleges and universities

Alfred University

Amherst College

Boston University (2x)

Brown University (2x)

Carnegie Mellon University

Cal Tech (2x)

Clarkson University

Colorado School of Mines

Cornell University (4x)

Colby College

Columbia University

Dartmouth College

Duke University

Emory University

Harvard University (3x)

Johns Hopkins University

Louisiana Tech

MIT (5x)

MIT Lincoln Labs

Meharry Medical College

Michigan State University

Michigan Technical University

Mount Holyoke College

NYU Medical School

Northern Arizona University

Northwestern University

Oregon State University

Pennsylvania State University

Princeton University (2x)

Radcliffe College

Rensselaer Polytechnic University

Stanford University (4x)

State University of New York

Texas A&M University

University of California Irvine, Davis, Santa Cruz, Berkeley, SF

University of Colorado (2x)

University of Connecticut

University of Hartford

University of Houston

University of Illinois

University of Iowa

University of Kansas

University of Kentucky

University of Massachusetts

University of Maryland

University of Michigan

University of Missouri

University of New Hampshire

University of North Carolina

University of North Dakota

University of Ohio

University of Pennsylvania (3x)

University of Texas (3x)

University of Utah

University of Virginia

University of Washington

University of Wisconsin

Wake Forest University

Woods Hole Oceanographic Institute

Worcester Polytechnic Institute

Wright State University

Testimonials

'Fascinating, enlightening, a great speaker!' Those are just a few of the comments I heard following Dr. Young's keynote at our annual fundraising event. Her insights resonated with both women and men at the 500 person luncheon. Not only did she help us understand the Syndrome and its potential impact but she did so in an engaging, often humorous way which was pitch perfect for our event! I wholeheartedly recommend Dr. Young as a keynote speaker to any organization looking for a fascinating topic and a tremendously engaging speaker.
AMANDA CERAVOLO,
Director, Public Relations
& Special Events, YWCA
North Central Indiana

Your presentation was a huge hit. We have received nothing but positive feedback from all who attended. KAREN BALL,
Chair, Leadership Alliance
National Symposium

Your workshop was a hit! The materials were easy to apply personally and professionally. The small group work was terrific. People left smiling.
SABINE CHRISMAN, Ph.D.
Michigan Women
Psychologists

Association and Non-Profit Clients

Dr. Valerie Young's insight and humor have made her a popular keynote and guest speaker at conferences and association meetings.

Alberta Business Women (Canada)

American Institute of Chemical Engineers

American Society for Mechanical Engineers

American Society for Microbiology

American Women in Radio and Television

Association of Women in Science

Bernardsville, NY Business Women

Connecticut Bar Association

Helena Montana Women's Leadership Network

Hampshire Country (MA) District Attorneys Office

International Association of Venue Managers

Leadership Alliance

Michigan Women Psychologists

Montana Association of Female Executives

National Association of Multicultural Engineering Program Advocates & Women Engineering Program Advocate Network Joint Conference

National Association of Social Workers

National Lung Cancer Partnership

Professional Secretaries International

Society of Women Engineers

Utah Women Attorneys

Women's Enterprise Center, British Columbia (Canada)

Women Entrepreneurs of Saskatchewan (Canada)

Women in Jewelry Association

Women of Vision (Optometrists)

YWCA of North Central Indiana

Zonta International



Program Details for *How to Feel as Bright and Capable as They Think You Are* with Dr. Valerie Young

Testimonials

A superb program. Your sharp wit and stunning anecdotes kept the audience tuned in and your specific examples of how the syndrome can be destructive professionally struck a familiar cord with many attendees. Financially it was a great success raising over \$1,500 toward our scholarship fund. KRISTIE RABASCA, President Maine Section, Society of Women Engineers

An excellent presenter bringing humor, practicality and great depth of thought sparking lively discussions among participants. I highly recommend Valerie as a supportive, informative and motivational speaker. SARA HOLTZ, Principal, Client Focus and former Chief Counsel Nestle Corporation

We drew twice the turn out we expected. Dr. Young is a dynamic speaker who will engage the audience and draw everyone into the conversation. DR SUSANNA WIDICUS WEAVER, Assistant Professor of Chemistry, Emory University

Program Length

How to Feel as Bright and Capable as They *Think* You Are can be tailored to fit virtually any time slot from a dynamic keynote presentation to an engaging 90 minute, two- or three-hour interactive seminar.

Group Size

The on-site version of this program can be delivered to audiences of 10 to 10,000. Webinars hosted by Dr. Valerie Young can accommodate up to 1,000 attendees. For webinars hosted by the client organization, the size is determined by internal capacity and is generally unlimited.

Key Take Aways

- Why the impostor syndrome is not “just low self-esteem”
- *Sure I’m successful, but I can explain all that...* Creative ways “impostors” discount or minimize their success
- 7 perfectly good reasons why smart people feel like frauds
- How your personal Competence Type 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
- The cost of the impostor syndrome on organizations
- Why women are both more susceptible to and held back by impostor feelings
- Practical steps to help yourself, your employees, or high achieving children to interrupt the impostor syndrome and end needless self-doubt



Bringing This Program to Your Company, School, or Organization

Speaker Fees for Keynotes & Seminars

Bookings contact: K&M Productions (Toronto)
905.831.0404 - www.kmprod.com/speakers/valerie-young

Scheduling Two Programs

Organizations that schedule two programs in the same day may do so at a significantly reduced rate. In most cases this also allows departments/groups to share speaker fee and travel expenses.

As importantly, two programs allows you to address different audiences, for example:

- Employees in different divisions
- Employees at different organizational levels
- Employees in different job functions
- Faculty/staff generally or untenured faculty
- Students by degree (e.g. undergraduates, graduate, post-docs) or major/concentration

Purchasing Books for Your Audience

For certain bulk book purchases outlined on the following page, the speaker fee is significantly reduced or waived.

Alternatively, there is a 20 percent discount for organizations that bring in a local bookseller for a book signing.

Associations wishing to provide books for the entire audience may work with a corporate sponsor to purchase books wrapped with the sponsor logo.

Local Audiences

Reduced rates may also be available for local conferences and other events.



Contact Us to Book Dr. Valerie Young or to Learn More

Excerpts From The Secret Thoughts of Successful Women

The important thing is not to take the discomfort of feeling out of your element to mean you are somehow less intelligent, capable, or worthy than others. You are where you are because you deserve to be. Period.

Competence doesn't mean knowing how to do everything yourself. Instead, competence means knowing how to identify the resources needed to get the job done.

The familiar, even if it's not working, is always more comfortable than the unknown. But growth is not meant to make us comfortable. Its purpose is to stretch us so we can perform at our full potential and achieve our highest purpose.

Your fear of being inadequate, pales in comparison to your fear of being extraordinary.

Contact information

Bookings contact: K&M Productions (Toronto)
905.831.0404 - www.kmprod.com/speakers/valerie-young