**How to Feel as
Bright and Capable
as Everyone Seems to**

**Think You Are**

***What Every Woman Needs
to Know About Competence,
the Impostor Syndrome,
and the Art of Winging it***

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### About the Presenter

**Dr. Valerie Young** is an internationally known seminar leader and public speaker. She as conducting seminars for executives and managers at such diverse organizations as Bristol-Myers Squibb, IBM, Pizza Hut, Digital, Wella, Merck, Mobil, Bayer, CIGNA, TransCanada Pipeline, Nortel, Abbott Laboratories, Patagonia, Central Maine Power Company, A& E Television, SmithKline, QVC, Fleet Credit Card Services, the National Guard, Hoffmann LaRoche, Asram Sylvania, the US Navy, Columbia Presbyterian Hospital, Smith & Hawken, ClientFocus and the Institute for East-West Studies.

Valerie has also presented at numerous colleges and universities around the country including Princeton, MIT, Cornell, California Institute for Technology, Boston University School of Medicine, Rensselaer Polytechnic Institute, Worcester Polytechnic Institute, the University of Maryland, the University of Wisconsin, the University of Nebraska, Smith College, Amherst College, Trinity College, the University of Texas, Mount Holyoke College, the University of Connecticut, the University of Colorado, The University of Northern Arizona, Radcliffe College, the University of New Hampshire, the University of Massachusetts and Texas A&M.

Valerie’s insight and humor have made her a popular guest speaker. Some of the organizations she has addressed include American Women in Radio and Television, the Association of Crime Lab Directors, the Society of Women Engineers, the Connecticut Bar Association, the National Association of Bank Women, the National Association of Insurance Women, the Association of Women in Science, the Association of Women in Development, Women in Federal Law Enforcement, Zonta, and the American Society for Training and Development.

Valerie joins Rosabeth Moss Kanter, Natasha Josefowitz and others as a contributing author to *Not As Far As You Think: The Realities of Working Women.* Her work on a variety of topics has been featured in such publications as *The Wall Street Journal*, *USA Weekend*, *Reader’s Digest*, *Redbook*, *Entrepreneur’s Business Start-Ups*, *The Executive Female*, *The Guardian [London]*, *The Edmonton Sun*, *The Sydney Times* [Australia], *The Chicago Sun*, *The Boston Globe, The Ventura County Star, The Dallas Morning News* and *The Oregonian*. She has been a guest on numerous radio programs including *The* *Wall Street Journal’s* nationally-syndicated radio program “Work & Family.”

Valerie spent 10 years in the corporate world. She was a manager in strategic planning and marketing at a Fortune 500 financial services company and the training director for a Danish-based organization specializing in enhancing personal performance. Valerie left the corporate world to launch *ChangingCourse.com,* an online source for people who want to find their life mission and live it.

Valerie earned her doctoral degree from the School of Education at the University of Massachusetts in Amherst. Her research focused on understanding and eliminating the psychological barriers undermining women’s self-confidence and success.