

WOMEN

A FORCE IN BUSINESS

OCTOBER 22, 2020 | VIRTUAL

Dr. Valerie Young Imposter Syndrome Expert and Author

Dr. Valerie Young is widely regarded as the leading expert on impostor syndrome. Her 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*, published by Crown Business/Random House is now available in six languages.

Over the course of 30+ years she's delivered her solution-oriented program at such diverse organizations as Google, Boeing, Intel, Facebook, IBM, Dell, Rakuten, CenterPoint Energy, Welltower, Udacity, Blizzard Entertainment, YUM! Brands, Microsoft, P&G, Deloitte, BP, McDonalds, Chrysler, Merck, Raymond James, Regeneron, NASA, the National Cancer Institute, Space Telescope Science Institute, US Consulate General Vancouver, the Conference Board and many others.



She's also led programs for dozens of associations including the Silicon Valley Forum Tech Women, Association of Russian Women Managers, Society of Women Engineers, Association of Chemical Engineers, Women in Manufacturing, Women in Trucking, Women in Commercial Real Estate, International Association of Venue Managers, and Romance Writers of America.

And she's addressed tens of thousands of students, faculty, and staff at over 100 colleges and universities in the US, Canada, Japan, the UK, and Europe including MIT, Harvard, Stanford, Princeton, Columbia, UNC, NC State, Duke, Emory, Meharry Medical College, and Oxford.

Valerie's career-related tips have been cited in dozens of business and popular media outlets around the world including *Time*, *Newsweek*, *USA Weekend* magazine, BBC radio, Yahoo Finance, *Science*, *The Boston Globe*, *The Chicago Tribune*, *The Globe & Mail*, *The Sydney Morning Herald*, *The Daily Mail*, *The Irish Independent*, *O* magazine, *Psychology Today*, and many more. And she was one of 10 speakers TED selected to deliver a talk at TED headquarters.

Valerie is no stranger to the business world. She spent seven years in management in a Fortune 200 company before leaving in 1998 to start an online business. Before selling the company in 2020, her company had trained over 375 people from 19 countries how to offer career advice to change seekers looking to go from having a boss to being their own boss.

Valerie earned her doctoral degree in education from the University of Massachusetts, Amherst where she studied internal barriers to women's occupational achievement. Although her research subjects consisted of a racially diverse group of professional women, much of Valerie's original findings have proved directly applicable to anyone with impostor feelings. While at the university, Valerie was the founding coordinator of the Social Justice Education program which pioneered what is now popularly known as diversity training.