“How to Feel as Bright and Capable as They Think You Are”

Dr. Valerie Young

Do you chalk up your accomplishments as a fluke or “no big deal?” Do you think, “If I can do it, anyone can?” Do you feel like you’re just fooling your professors? If so, join the club! Millions of people around the world from executives to college students and professors to Academy Award winners secretly worry they’re not as bright and capable as other people “think” they are. It’s called the “impostor syndrome” and there is a cure.

Join us for an energetic workshop led by speaker and author Dr. Valerie Young.

Lunch will be provided; however, RSVPs are needed.
RSVP to at wisechem@umn.edu by noon Friday, Feb. 3.
Space is limited and registrations will be granted on a first-come, first-serve basis.

About Dr. Valerie Young
Dr. Young has spoken to tens of thousands of students, faculty, and staff at more than 80 colleges and universities, including Harvard, Stanford, Princeton, Cornell, and Cal Tech as well as at major corporations, including Apple, IBM, Boeing, P&G, and Facebook. She is the author of “The Secret Thoughts of Successful Women: Why Capable People Suffer from the Impostor Syndrome and How to Thrive in Spite of It” (Random House), which is now available in five languages. Her advice has appeared in dozens of major publications around the world.

Copies of Dr. Young’s book are available at a discounted rate.
Please email wisechem@umn.edu for more information.

Host: Chemistry Chapter of Women in Science & Engineering (WISE)