Dr. Valerie Young

Why Capable People Suffer from the Impostor Syndrome & How to THRIVE in Spite of It

Have you ever thought that you may not be as bright and capable as other people think you are? The impostor syndrome manifests as persistent feelings of inadequacy, chronic self-doubt, and feelings of intellectual fraudulence, even when feedback indicates the opposite is true. Join Dr. Young to learn how to recognize how the impostor syndrome can lead to academic shutdown, quiet negative self-talk, and implement strategies to capitalize on your strengths.

Monday, November 16, 2015

Faculty & Staff Lunchtime Talk
12:00pm - 1:30pm

Register at events.wayne.edu

Dr. Young has spoken to tens of thousands of students, faculty, and staff at over 80 colleges and universities including Harvard, Stanford, Princeton, Cornell, and Cal Tech. The author of The Secret Thoughts of Successful Women, her work has appeared in dozens of major publications around the world.

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