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

Why Smart People Suffer from the ‘Imposter Syndrome’ and How You Can Thrive in Spite of It

- Do you secretly worry that others will find out you’re not as intelligent and competent as they seem to think you are?
- Do you often dismiss your accomplishments as a “fluke” or “no big deal”?
- Do you think, “If I can do it, anyone can”?
- Do you sometimes shy away from taking on even greater challenges because of nagging self-doubt?
- Are you crushed by even constructive criticism, taking it as evidence of your ineptness?

If you answered yes, you’re not alone. For the first time, we’re pleased to welcome Dr. Valerie Young to NC State as she facilitates her internationally-known workshop for graduate students and postdocs. You will learn practical strategies for interrupting the Imposter Syndrome that you can start using immediately. By applying these simple but powerful techniques you’ll finally be able to begin to see yourself as the bright, competent person you really are!

Key Takeaways

- Why the impostor syndrome is not “just low self-esteem”
- Perfectly good reasons why smart people feel like frauds
- Procrastination, holding back and other unconscious coping strategies “impostors” use to avoid being found out
- The cost of the impostor syndrome on organizations
- Practical steps to help yourself, your employees, or high achieving children to interrupt the impostor syndrome and end needless self-doubt

“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.’”

--Award winning author Maya Angelou

Date: March 5, 2014
Time: 10:00am – 12:00pm
Place: Hunt Library, 4th Floor Lecture Hall

Register: go.ncsu.edu/pflevents

This is a one-time event! Register today!
Space is limited!

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Let’s welcome Dr. Valerie Young to NC State University!

Dr. Valerie Young is an internationally known speaker and the author of the 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/Random House) now available in five languages including Russian.

Dr. Young has addressed such diverse audiences as Chrysler, Intel, IBM, P&G, Boeing, Merck, McDonalds (Europe), Society of Women Engineers, American Women in Radio and Television, and faculty and students at over 60 other colleges and universities including Harvard, Stanord, and Princeton. Her work has been cited in such publications as The Wall Street Journal, USA Today Weekend, Entrepreneur, Kiplinger’s, Inc., The Chicago Tribune, Sydney Morning Herald, More, The Globe & Mail, Woman’s Day, Redbook, and O Magazine.

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