SEPT 19, 2013

4:00-5:00 PM NATURAL SCIENCES I, 1114

HOW TO FEEL AS BRIGHT AND CAPABLE AS EVERYONE THINKS YOU ARE: WHY CAPABLE WOMEN SUFFER FROM THE IMPOSTOR SYNDROME AND HOW TO THRIVE IN SPITE OF IT

About our speaker:
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).

http://www.apw.uci.edu/

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 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 so, join the club!

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