

Impostor Syndrome Seminar Pt. II

with Dr. Valerie Young

Learning How To Overcome It



Tuesday, February 11th

6:30pm - 8:00pm

Rm. 10-250*

*This event is open to the MIT Community.
Seating is limited and on a first-come basis.

Understand the impact of the Impostor Syndrome

Walk away with practical strategies for combating the Impostor Syndrome

See yourself as the bright, competent person you are

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.*

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