

About the Author



Valencia Ray MD, “The Confidence Doc”, is a dynamic and inspiring Speaker, Author and Mindset Coach offering an innovative blend of science and inspiration to empower you to *live* your vision.

With a background in science, neurology and eye surgery, as well as professional coaching training, she is uniquely qualified to help you use your mind’s eye to see a new vision for your life, and heal the blind spots that hold you back from living a life you love. Dr. Ray offers an innovative blend of science and spirituality that empowers you to create your best life – Spirit, Mind & Body!

Dr. Ray practiced Ophthalmology for over two decades. She owned and operated her very successful medical and surgical eye practice before selling it in June of 2007 to continue on to the next step within her life purpose of serving humanity. She has also been a dedicated student of the field of personal development for over a decade before retiring from the field of Ophthalmology.

For more specific information, please visit her website at:
www.ValenciaRay.com