

“Self-awareness and adaptability move us beyond mere survival mentality; they are powerful keys to our ability to thrive in the 21st century.”

~Valencia Ray, M.D.



Valencia Ray, M.D. Speaks:

Be YOU, Magnificently

Expanding life vision for greater purpose, peace and personal power



“...We hosted Dr. Valencia Ray as a professional development speaker for one of our internal business councils. Her talk was truly an exceptional event with life altering implications. Dr. Ray was able to distill and convey, with remarkable clarity, fairly complex scientific information that has significant meaning for life outcomes, including building “core” confidence, living with more ease, and how to move into your full-life potential. As the event coordinator, I received feedback from a significant number of individuals who noted how the information had already started to transform their lives.”

Phyllis Walden
Leadership Committee/Personal Development
Northern Trust Bank

“Valencia spoke for an hour at the Joyful Living Luncheon during the 8th Annual League of Black Women Conference. We sat enthralled as we listened to Valencia describe not only how to understand our thoughts, but how to harness them in an intentional way to create our best possible life. They were so captivated that they almost forgot to eat their lunch. But they were truly nourished and renewed by the richness of the information and insight Valencia shared and the compassion and wisdom with which she shared it.”

Sandra Finley
CEO
League of Black Women

Your meetings are filled with people who are seeking inspiration and practical insights on how to reach more of their true potential in the areas of collaborative leadership and business relationships. Keynote speaker, Valencia Ray, M.D. has the experience and a proprietary methodology to help them to expand the vision for their life to live with less overwhelm, more zest and more meaning.

Most of us spend too much of our lives feeling overcommitted and doing work that is not fulfilling or enjoyable. Even a successful career or business can become a chore without the awareness of how to intentionally direct your brain and mind and how to integrate work/life balance. Dr. Valencia Ray shares the secret to simply, “Be YOU, Magnificently” to live a more inspired and confident life. Through specific exercises and examples, she empowers your audience to take charge of their professional and personal life.

Dr. Ray presents topics that give people simple and life relevant insights into cutting-edge brain research, with a proven track record of transforming lives. She speaks from the authority of successful personal experience – not just academic information. Her incisive ability to blend logic and intuitive insights provides a conversation that transforms how each perceives their current way life and future – and your event!

In her dynamic and inspiring presentations, Dr. Ray gives specific methods to gain the skills needed that improves clarity, inner peace and implementation of team goals. Her concepts and methodologies will help your audience to create a more fulfilling, successful and rewarding work and personal life. She customizes her talks to address specific company and professional needs.

Call Valencia Ray, M.D. at 630.428.3307, or email valencia@valenciaray.com





Be YOU, Magnificently

Valencia Ray M.D. helps business owners and professionals to be themselves – magnificently! – as they develop their collaborative leadership, entrepreneurial and relationship skills.

She was an eye surgeon and successful business owner for over 20 years before selling her medical practice to speak, train and coach select clients. She shares with them the tools they need to live life more joyfully, confidently and to improve productivity with greater ease. Dr. Valencia Ray is on the leading edge of personal and professional transformation.

She helps her clients understand how their amazing brain can hijack their personal power and how this limits potential in their work and relationships. She also teaches work/life balance and integration skills, which eliminate overwhelm and improve overall health and life quality.

She is the author of *Empower Up! Retrain your Brain to Reclaim your True Personal Power*. She is married and has two teen-aged children.

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Sample Topics

Speaking Topics for Leaders

Leading with a Mindful Brain

Strategies to Inspire Innovation and Team Member Engagement

Innovation is much needed into today's marketplace, yet brain research reveals how the very notion of innovation is resisted and can be difficult to actually develop and implement. Research has shown that there is a connection between innovation and brain perception. Valencia shows the cause of this resistance and teaches team members to become more self-aware of this missing link. When the team is better equipped with strategies to remove the blocks, they will be better able to collaborate, navigate change and implement new vision and goals.

Why Your Employees Don't Want to Engage

(And Why That Team-Building Offsite Didn't Work)

According to Gallup, 70% of employees are disengaged from their work. Team dysfunction is all too common. Valencia shows the causes of this widespread disengagement as well as strategies to overcome this dilemma. She helps employees to develop higher levels of EQ based on understanding the role their own brain plays in creating the dysfunction. She will also provide strategies to help team members develop collaborative team-building and communication skills.

Speaking Topics for Employees and Teams

Is Your Mindset for Success?

Retrain Your Brain for More Clarity, Confidence and Peace of Mind

Mindset is too often overlooked as the means to live a confident and successful life. Mindset determines your level of competence to implement your skills. It is only by truly understanding how mindset is created by your brain and how to change perception at a "subconscious" level, that sustainable change can be made. Learn cutting-edge science and other strategies to help your audience to transform their thinking to reclaim their true personal power and live with more zest and ease while improving productivity.

Reach Valencia Ray, M.D. at 630.428.3307, or email valencia@valenciaray.com

"Valencia has an amazing way of communicating how we can live our lives to the fullest. When she talks about creating a vision for our lives she goes through a practical step-by-step guide that delves into science and goal setting like no one else I have ever met. She really inspired me with her ideas."

Andrew Nathan
Smart At The Start, Social Media Expert