

“Self-awareness and adaptability move us beyond fear of change and insecurity; they are powerful keys to our ability to thrive in the 21<sup>st</sup> 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](mailto:valencia@valenciaray.com)





# Be YOU, Magnificently

Valencia Ray M.D. helps entrepreneurs and professionals to be themselves – magnificently! – as they develop their collaborative leadership, entrepreneurial and work/life balance skills.

She was an eye surgeon and successful business owner for over 20 years before selling her medical practice to speak, facilitate trainings and coach select clients. Dr. Ray offers a unique blend of brain research expertise and real-world business experience to her work with clients and organizations. She shares with them the tools they need to live life more joyfully, confidently and to improve productivity with greater ease

As a speaker, she has a gift for simplifying complex science and sharing it in a way that is compelling, interesting and life changing. 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

### Entrepreneurs and Associations

#### When More is Never Enough

##### *The Missing Link to Being Healthier, Wealthier and More Confident*

Business owner or professionals in your audience are constantly feeling overwhelmed with not enough time, energy or money. In today's fast paced society, stress and overwhelm is linked to at least 90% of illness. Business and relationship success is directly a function of self-confidence and mindset. All of these challenges are directly linked to inadvertent focusing of the brain/mind and resulting perception. In this revealing keynote, Dr. Ray will inspire your audience to take action by giving them new insights, strategies and tools to begin to positively impact these three important areas of their lives.

#### Be YOU, Magnificently!

##### *Leveraging Your Greatest Asset for Business and Relationship Success*

"Who do you think you are?" Your answer will impact every area of your life and is actually essentially created by "autobiographical memory" in the brain – that can distort self-image and can be changed. Dr. Ray will share with your audience why and how this happens, and steps to take to begin to change these stories that could be blocking their business success in everything from branding, to sales to marketing. Brain research shows how our relationship to self impacts our relationship to others and the world at large. Tapping into our own inner magnificence and talents and clearing up the "cataracts of the soul" that limit us, is the only sustainable way to live and do business with authenticity, clarity, confidence and greater ease.

#### 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 competency to implement your skill sets. It is only by truly understanding how mindset is created by the brain/perception and how to change it 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 live with more zest and ease while improving productivity.

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*"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