

# Valerie Alexander



## Trainer

Training events and retreats for companies and organizations seeking to lower costs, increase productivity and maximize profits through workplace well-being and the recruitment and retention of women.



## Speaker

Keynotes and seminars on a variety of topics related to Happiness, Happiness in the Workplace, Success and the Advancement of Women. Featured at companies, colleges, and conferences across the country.



## Author

Books include:

- Happiness as a Second Language
- Success as a Second Language
- How Women Can Succeed in the Workplace (Despite Having "Female Brains")

## Testimonials

“Valerie has a unique ability to blend research, real-life workplace examples and, most importantly, humor into a relevant and compelling topic.

I highly recommend Valerie as a speaker!!”

— Lisa Murray, CMO, Octagon



“This is the first talk I’ve seen that takes a logical and honest approach to a subject many find difficult to tackle. I wouldn’t just recommend it to women in Hollywood, but to anyone who wants to improve their productivity and insight in any business setting.”

— Stephanie Ogradnik, theatrical distribution, Lionsgate

“We were thrilled to invite Valerie Alexander to share her *Speak Happiness!* talk, and the response was phenomenal, with people talking about it for weeks to follow. On a personal level, Valerie taught techniques that my wife and I use each day, and I can honestly say that we have increased our happiness level since that night!”

— Doug Nakashima, Executive Director, Kennett Area YMCA

“We would not hesitate to recommend you to others, and invite you back as a future presenter. As one of our members put it, “Valerie is the best speaker we’ve had to date!”

— The WIN Leadership Team

“An amazing seminar that totally shifted how I navigate the corporate arena.”

— Lori Crawford, financial analyst, Warner Music

Email [Info@SpeakHappiness.com](mailto:Info@SpeakHappiness.com) to book Valerie Alexander for your event



# Signature Talks

## How Women Can Succeed in the Workplace (Despite Having "Female Brains")

Using examples from her unique and diverse career path, as well as relevant studies in anthropology, evolutionary biology and sociology, Valerie delves into the evolution of the "gendered" brain and the corporate structure, showcasing and dissecting areas where women's natural tendencies prevent us from succeeding in male-driven workplaces.

- Each industry-specific talk explores those areas where women's natural instincts prevent us from advancing, being recognized and reaping the rewards of our work
- Fully customizable for law, finance, entertainment, graduate and undergrad students, or a general audience of professionals. (May be eligible for MCLE credit)
- Provides clear, concise steps women must take to level the playing field
- Shows executives and employers how to recognize, reward and retain their top female talent

## Speak Happiness!

Keynotes, Seminars and Workshops for boosting happiness and stopping unhappiness with easy, effective exercises that everyone can do to train their brains how to be happy.

The powerful, effective talks in the **Speak Happiness!** series are:

- **Happiness in the Workplace Every Day:** *For Companies Seeking to Increase Productivity, Lower Costs and Maximize Profits by Making Happiness a Priority*
- **Speak Happiness!** *Tips, Techniques and Brain Exercises to Help Anyone Achieve Lasting, Permanent Happiness*
- **Happiness for Artists, Entrepreneurs and Self-Starters:** *How to Move Forward, Stay Positive and Avoid Falling into the "Failure Spiral"*

## About Valerie...

Speaker, Author, Entrepreneur, Filmmaker

Recovering Attorney, Investment Banker, Devoted Fan of the Cal Bears

A graduate of Trinity University and Berkeley Law, Valerie Alexander started her career in the Silicon Valley working on the hottest transactions of the Internet era as an IPO lawyer, tech-sector banker and new media executive. She was one of the lead attorneys on the E\*TRADE IPO and was the VP of Business Development at Pixelworld Networks.

When her mother was diagnosed with a brain tumor, she quit her job, sold her house, gave away all of her furniture and, with two suitcases and a dog, moved back to Indiana to care for her.

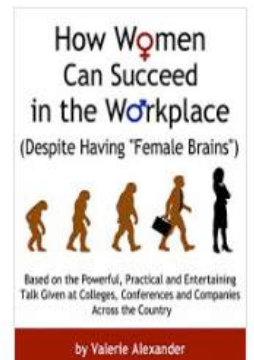
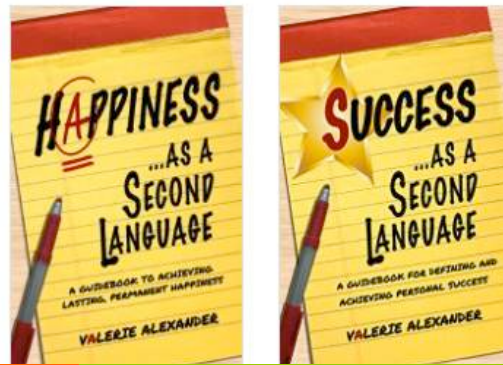
With her mom's full recovery, Valerie looked to return to her old life, but in her absence, the bubble had burst. There was nothing to go back to in the Bay Area, so Valerie took a sharp left and headed to Los Angeles to try her skills (and luck) at making movies.

Valerie found success as a screenwriter and film director, writing for Joel Schumacher, Catherine Zeta-Jones, Barry Sonnenfeld, Ice Cube and others, and directing more than 50 commercials, PSAs and short films.

She then once again decided to pivot and began writing books on topics she was passionate about – Happiness and Success – and helping women level the playing field to succeed in male-driven environments.

With a greater desire to share her messages beyond the books, Valerie began touring the country as a speaker, trainer and coach, making Happiness and Success accessible to individuals, organizations and companies willing to put in the work to achieve optimal outcomes.

## Fees, Travel, Books and Book Signings



Valerie Alexander's fee is available on request. Please email [Info@SpeakHappiness.com](mailto:Info@SpeakHappiness.com) for more information.

Valerie is based in Los Angeles, California. All bookings outside of the Los Angeles area include air travel, ground transportation and meals. Client is responsible for hotel accommodations.

Books may be purchased in advance for the entire audience, or a portion thereof, at discounted rates. If not pre-purchased, books may be made available for sale in the room. All speaker bookings may include book signings. Full payment for pre-purchased books must be made at least four weeks in advance.

Valerie Alexander will be made aware of any video or audio recordings in advance and have the option of receiving a copy of any such recording.

At the time of booking, 50% of the speaker fee must be paid, with the remaining 50% due on the day of the event, prior to Valerie taking the stage.

All checks are to be made payable to: Valerie Alexander Ventures. If requested, an invoice will be provided at the time of booking and is payable according to the terms above.

## Past and Current Clients Include --



Email [Info@SpeakHappiness.com](mailto:Info@SpeakHappiness.com) to book Valerie Alexander for your event