



**Women's Leadership speaker will offer stress busters while deconstructing  The Superwoman  myth**  
1/30/13



The Alfred University Women&s Leadership Center (WLC) will host Michelle Courtney Berry, MPS, CISD, RMT, internationally certified critical incident stress de-briefer and stress management expert, on Wednesday, Feb. 6 at 5:30 p.m. in the Judson Leadership Center on campus. She will talk about “Honoring Superwomen While Deconstructing the Myth of ‘The Superwoman&.’” The presentation is open to the public free of charge.

Berry has won awards and citations from numerous national and regional women&s organizations. Her humorous and engaging approach to ending the “Superwoman Myth” is a highly sought-after and relatable presentation which aims to deconstruct the myth that women need to be perfect at everything they do. She has delivered more than 3,000 talks and presentations.

The widespread “Superwoman” belief leads to feelings of inadequacy, and, when mixed in with bullying and workplace discrimination, creates a recipe for heart disease, stress, rapid weight gain/loss, unhealthy behaviors, and more, said Berry. She has coached thousands on how to work leaner, smarter, and with greater happiness, integrity, and efficiency. Berry has served as principal and CEO of Courtney Consulting Enterprises, LLC since 1992. A former faculty member in the Park School of Communications at Ithaca College and the second Poet Laureate of Tompkins (NY) County, she holds a graduate degree from Cornell University. She has appeared on “Good Morning America” and in O- The Oprah Winfrey Magazine.

The Women&s Leadership Center at Alfred University was established in 2006 and is a part of the Judson Leadership Center. The WLC provides leadership education and skills development for AU&s women. It builds on the University&s heritage as the first truly co-educational institution in the nation and offers women the opportunity to explore and fulfill their potential as leaders.