

## DUE WITHIN 72 HOURS OF SIGNING A SPEAKING ENGAGEMENT CONTRACT

Please complete and return as attachment to: lahelgoe@suddenlink.net

### 1) Your Contact Information:

Name \_\_\_\_\_ Title \_\_\_\_\_  
Organization \_\_\_\_\_  
Tel. (     )     -     Fax. (     )     -     Email \_\_\_\_\_  
Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Cell Phone/Emergency Number (in case of emergency and Dr. Helgoe needs to reach you) (     )     -     \_\_\_\_\_

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### 2) Program Information:

Date of Dr. Helgoe's speaking engagement \_\_\_\_\_ Time \_\_\_\_\_  
Content you desire to have covered \_\_\_\_\_

Location of speaking engagement \_\_\_\_\_

Approximate number of audience members for Dr. Helgoe's talk \_\_\_\_\_

Does Dr. Helgoe need a parking pass? \_\_\_\_\_ If Yes, please email form to lahelgoe@suddenlink.net

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**3) Hotel:** Please recommend two of your top preferences for Dr. Helgoe's lodging and provide the phone number and address:

<b>1</b>	<input type="text"/>	<b>2</b>	<input type="text"/>
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### 4) Ground Transportation:

Will a representative of your group pick Dr. Helgoe up at the airport?

*(Most groups have Dr. Helgoe rent a car for convenience. Groups cover all rental car expenses for duration of stay)*

If you want Dr. Helgoe to rent a car, please EMAIL DRIVING DIRECTIONS from \_\_\_\_\_ airport to the hotel & driving directions from the hotel to location(s) of the talk(s) to: lahelgoe@suddenlink.net.

\*\*\*\*\*NO AIRPORT SHUTTLES, BUSES, VANS Permitted for distances over 15 minutes\*\*\*\*\*

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### 5) Special Considerations:

Please list any special considerations regarding your audience of which Dr. Helgoe should be aware:

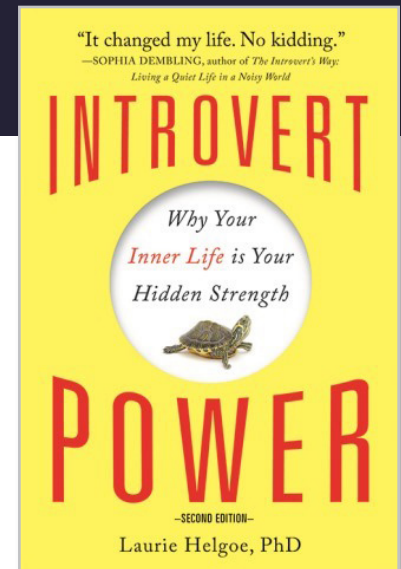
**Thank You!**

Laurie Helgoe | [www.drlauriehelgoe.com](http://www.drlauriehelgoe.com)

**Click to submit your form**

# Dr. Laurie Helgoe

## Bio



**Dr. Laurie Helgoe** is an author, educator and clinical psychologist with a special interest in introversion and its relationship to mainstream culture. Dr. Helgoe is an Assistant Professor of Psychology and Chair of the Social Sciences Division at Davis & Elkins

College. She is the author of five books, including *Introvert Power* which is published in six languages. Helgoe also serves as a Clinical Assistant Professor at the West Virginia University School of Medicine, Charleston Division, in the Department of Behavioral Medicine and Psychiatry. Helgoe authors the column “Food for the Inner Life” at PsychologyToday.com.

Her insights on introversion are featured in reports for The Wall Street Journal. She authored the cover story, “Revenge of the Introverts” for the September-October 2010 issue of Psychology Today. Helgoe has also been profiled or quoted in Parent’s Magazine, FastCompany.com, Real Simple Family, Body+Soul Magazine, Seventeen, The Arizona Republic, GoBankingRates.com, Esquire.com, Washingtonpost.com and several others.

[DrLaurieHelgoe.com](http://DrLaurieHelgoe.com)

Helgoe has been a frequent television guest and commentator on affiliates for ABC, NBC, and CBS. She has been interviewed dozens of times on radio stations nationwide. Helgoe is a frequent invited keynote speaker for professional and educational conferences. Helgoe’s books include: *Introvert Power*, recipient of a Publisher’s Weekly starred review; *The Complete Idiot’s Guide to Raising Boys*; and *The Anxiety Answer Book*. She also authored *The Boomer’s Guide to Dating (Again)*; and *The Pocket Idiot’s Guide to Breaking Up*.

Helgoe and her husband (an extrovert!) have two sons and reside in Charleston, West Virginia.

## Curriculum Vitae

### LAURIE A. HELGOE, PH.D.

807 Churchill Drive  
Charleston, WV 25314  
(304) 552-5907  
helgoel@dewv.edu  
lahelgoe@suddenlink.net

### EDUCATION

- |             |  |
|-------------|--|
| 1984 - 1989 | Ph.D.: Clinical Psychology<br>University of Nevada-Reno<br>(APA approved)<br>Ph.D. – 1989; M.A. – 1987           |
| 1979 - 1983 | B.A.: Speech Communication<br>Psychology<br>Gustavus Adolphus College<br>St. Peter, Minnesota<br>Magna Cum Laude |

### PROFESSIONAL LICENSURE

Licensed Psychologist, State of West Virginia (License #766)

### PROFESSIONAL EXPERIENCE

#### ***Chair, Social Sciences Division, Davis & Elkins College (2014-present), Elkins, WV.***

Oversee psychology, sociology, criminology, and political science departments. Evaluate faculty. Work with other division chairs to develop and uphold academic standards and provide governance to academic programs. Report to the Vice President for Academic Affairs.

#### ***Assistant Professor, Davis & Elkins College (2013-present), Elkins, WV.***

Teach courses in the Psychology and Human Services Department, with an emphasis on applied courses such as Theory and Practice I and II, Human Services Practicum and Group Processes. Advise students. Serve on academic committees, including the Institutional Review Board, Curriculum Committee (co-chair), Writing Outcomes Working Group, and Teagle Consortium. Also, as Program Coordinator for psychology and sociology programs, work with psychology faculty to develop and assess learning outcomes and improve curricular coherence, hire and supervise adjuncts in psychology and sociology, and coordinate course scheduling and staffing for both departments. Continued scholarly exploration of introversion and consultation to news outlets, including The Wall Street Journal.

#### ***Clinical Assistant Professor, Department of Behavioral Medicine & Psychiatry, West Virginia University School of Medicine, Charleston Division (2005-present), Charleston, WV.***

Teach and supervise medical residents, present Grand Rounds for faculty, interns and residents, and lecture on special topics. Clinical instructor for weekly psychodynamic psychotherapy seminar. Foster awareness of cultural biases that can undermine treatment. Advise faculty on writing projects. Coauthor/editor of The Anxiety Answer Book with Laura Wilhelm, Ph.D. and Martin Kompor, M.D. Achieved the highest individual faculty score in the United States on Psychodynamic Competency Test. Due to my full-time status at D&E, I currently serve only as a consultant to the program.

**Author (2001-present), Charleston, WV:**

Literary Agent, Jessica Faust, BookEnds, LLC. Published books include: *Introvert Power: Why Your Inner Life is Your Hidden Strength*, Sourcebooks, 2013 (2nd Ed), 2008, recipient of a Publishers Weekly starred review; *The Complete Idiot's Guide to Raising Boys* (coauthor), Penguin Group/Alpha, 2008; *The Pocket Idiot's Guide to Breaking Up*, Penguin/Alpha, 2006; *The Anxiety Answer Book* (coauthor), Sourcebooks, 2005; and *The Boomer's Guide to Dating (Again)*, Penguin/Alpha, 2004. Author of expert contribution for textbook, *Contemporary Organizational Behavior in Action* (Pearson-Prentice Hall, 2016). Expert consultant for periodicals, including *Psychologies* magazine (Dec 2015) and *The Wall Street Journal* (Aug 25 & July 28, 2015; June 28, 2011), and author of Sept-Oct 2010 cover story for *Psychology Today*.

**Psychologist and Applied Psychology Instructor, Private Practice (1994-2001 and 2009-2013), Minneapolis, MN (1994-2000); Charleston, WV (2000-2001, 2009-2013):**

Provided psychological assessment and psychotherapy. Offered clinical education to practitioners as well as lay audiences. Examples include: a keynote for a Diversity Best Practices conference, and "Introversion: Pathology or Power?" an address at the Mental Health Tomorrow conference. In Minneapolis, led therapy consultation groups and courses for practitioners, including "Character Studies" and "Dreams, Character and Relational Dynamics," and spoke in university, corporate and community settings.

**Owner & Consultant, Book It Literary Consulting (2001-2013), Charleston, WV.**

Taught seminars and offered consultation to help writers develop their ideas, compose book proposals, and build a media platform for literary representation and publication. Also coached writers and artists on how to endure and learn from rejections while strengthening their authentic voice. Served as a communications advisor to public relations organizations, such as TSG Consulting and The Arnold Agency. Composed proposals, white papers, news reports and promotional materials, and spoke to media and legislative bodies. Wrote a \$330,000 community mental health outreach grant under a three-day deadline, incorporating data from five agencies. Grant was awarded.

**Psychologist, Family Psychiatric Services (2004-2009), Charleston, WV:**

Provided psychological assessment and psychotherapy for adults, adolescents, couples and groups. Spoke on psychological topics at community forums.

**Adjunct Professor and Hamm Memorial Psychiatric Clinic Internship Director, University of St. Thomas School of Professional Psychology (1992-1995), St. Paul, MN:**

Interviewed and selected SPP graduate students for Hamm Clinic psychology internship positions, supervised interns, taught courses and wrote evaluations.

**Staff Psychologist, Hamm Memorial Psychiatric Clinic (1991-1995), St. Paul, MN:**

Provided clinical assessment and psychotherapy to individuals and couples. Interpreted a range of psychological tests. Provided consultation to professional staff, interns and fellows. Supervised predoctoral interns and Hamm Clinic fellowship candidates. Led consultation groups for community professionals. Developed and taught two core clinical courses—Personality Disorders I and Personality Disorders II—for the Hamm Clinic Educational Program. Provided consultation and guest lectures to community practitioners, agencies and universities.

**Supervising Psychologist, St. Croix County Human Services (1989-1991), New Richmond, WI:**

Provided psychotherapy to individuals, couples and groups. Supervised six therapists and six community support social workers. Directed the psychological testing program and conducted psychological evaluations for clients referred from mental health, developmental disabilities, social services, chemical dependency and community support programs. Conducted court-ordered evaluations on issues of guardianship, protective placement and capacity-to-parent, and screened police officer candidates. Provided consultation to administrative personnel on clinical and ethical implications of agency policies and procedures. Developed and implemented a staff education program.



**Psychologist Trainee, Center for Studies on Addiction, University of Pennsylvania (1988-1989), Philadelphia, PA:**

Conducted drug counseling and psychotherapy with substance-dependent individuals. Helped to design and pilot a cocaine detoxification program, which emphasized the development of tools for coping with cocaine craving. Facilitated psychoeducational and support groups. Studied supportive-expressive psychotherapy with author-researcher Lester Luborsky, Ph.D.

**Predoctoral Intern, Adolescent Residential Units, Devereux Foundation (1987-1988), Devon, PA:**

Learned to apply intensive psychotherapy to the treatment of personality disorder characteristics in emotionally disturbed adolescents. Worked and consulted with residential staff to support containment of problematic behaviors and internalization of controls. Conducted psychological evaluations utilizing intellectual, visual-motor, and objective & projective personality tests. Received didactic training in individual & group psychotherapy, Rorschach (Exner), neuropsychology, and professional/ethical issues.

**Psychology Instructor, University of Nevada-Reno (1986), Reno, NV:**

Taught "The Psychology of Adolescence" to undergraduate students. My approach to the course emphasized a balance of lectures and experiential activities. I stressed independent thinking and helped the students to develop their own theories of adolescence.

**Psychology Intern, Nevada Mental Health Institute (1986-1987), Sparks, NV:**

Learned to apply psychological skills in the assessment and treatment of severe mental illness. Provided inpatient testing and evaluation, treatment planning and psychotherapy.

**Biofeedback Therapist, Sierra Pain Institute (1986-1987), Reno, NV:**

Instructed chronic pain patients in the use of biofeedback and relaxation procedures, provided training in stress management, and administered and scored psychological tests.

**Director, University of Nevada-Reno Women's Center (1985-1986), Reno, NV:**

Trained and supervised volunteers. Supervised interns from UNR's Social and Health Resources class. Launched a program of events, including: a sexual harassment panel, brown bag lunch talks, "A Woman's Place..." series, an eating disorders series, a 6-week self-protection seminar, and "Women's Week" events. Expanded the outreach function of the Center, and established of four different support groups to respond to the varied needs of women. Submitted the Women's Center's first comprehensive annual report, with recommendations for the next director, to provide continuity between school years. In response to the program's success, the Center received a grant from a local Soroptimist branch, and increased funding from the University for the subsequent year.

**Clinical Psychology Practicum, Psychological Services Center (1984-1986), Reno, NV:**

Learned and applied psychotherapeutic techniques from a variety of theoretical modalities and in the context of individual, couple's, family and group therapy settings.

**Psychology Practicum, Intensive Treatment Program for Sexual Aggressives (1982), St. Peter, MN:**

Studied the application of psychological paradigms in the treatment program, worked with the treatment team in developing therapeutic plans for patients, and assisted the research psychologist in studies of sex offenders and treatment outcome.

**Communications Intern, Federal Bureau of Prisons (1981-1982), Washington, D.C.:**

Assisted Equal Employment Opportunity staff, wrote for and edited the Bureau of Prison's national publication and the Federally Employed Women's newsletter.

## TEACHING AND SPEAKING EXPERIENCE:

**Theory and Practice 1: The Insight Therapies (Fall 2015) Elkins, WV:** Instructor of integrated course and lab for upper-level psychology majors at Davis & Elkins College.

**Human Services Practicum (Fall 2015, Fall & Spring 2014-15), Elkins, WV:** Practicum coordinator and overall supervisor of senior psychology majors fulfilling placements at various human services agencies, Davis & Elkins College.

**Group Processes (Fall 2015; Spring 2014), Elkins, WV:** Instructor of course and group processes lab for psychology majors and general education students at Davis & Elkins College.

**Counseling Skills (Spring 2014 & 2015), Elkins, WV:** Instructor of laboratory-style course for upper-level psychology majors at Davis & Elkins College.

**Psychology of Adjustment (Fall & Spring 2013-14; Spring 2015), Elkins, WV:** Instructor of course for psychology majors and general education students at Davis & Elkins College.

**Theory and Practice of Counseling (Fall 2013 & 2014), Elkins, WV:** Instructor of course for upper-level psychology majors at Davis & Elkins College.

**Psychology and Nature (Fall 2014), Elkins, WV:** Co-instructor with conservationist Beth Wheatley of course for general education students as well as psychology and sustainability majors. Davis & Elkins College.

**Adolescent Development (Fall & Spring 2013-14), Elkins, WV:** Instructor of course servicing education and psychology majors as well as general education students, Davis & Elkins College.

**Lifespan Development (Fall 2013) Elkins, WV:** Instructor of course servicing the nursing major at Davis & Elkins College.

**Understanding Introversion and Extroversion (2013), Olympia, WA:** Keynote address for the Fall Forum for the State of Washington's Utilities and Transportation Commission.

**Ebb: The Art of Pulling Back (2013), Star Island, NH:** Guest speaker, providing a five-day lecture series for the All Star 1 Family Conference.

**The Other 50%: Leveraging the Talents of Introverts to Drive Your Business (2013), Walnut Creek, CA:** Keynote address at Diversity Best Practices Conference.

**Psychodynamic Psychotherapy Seminar (2011-2013), Charleston, WV:** Clinical Instructor, Department of Behavioral Medicine and Psychiatry, WVU School of Medicine, Charleston Division.

**Get It Published! (2008-2013), Charleston, WV:** Seminars and retreats to help writers develop their books and prepare proposals and queries for submission to literary agents.

**Psychotherapy Supervision (2007-2013), Charleston, WV:** Individual supervision of medical residents, Department of Behavioral Medicine and Psychiatry, WVU School of Medicine, Charleston Division.

**Introversion: Pathology or Power? (2012), South Padre Island, TX:** Speaker at Mental Health Tomorrow Conference.

**Is Happiness a Healthy Goal? (2012), Charleston, WV:** Grand Rounds, Department of Behavioral Medicine and Psychiatry, WVU School of Medicine, Charleston Division.

***Working with LGBTQ Clients (2009–2012, annual presentation), Charleston, WV:*** Lecture and discussion for psychology interns, Department of Behavioral Medicine and Psychiatry, WVU School of Medicine, Charleston Division.

***Healthy Introversion and Mistaken Diagnoses (2010), Charleston, WV:*** Grand Rounds, Department of Behavior Medicine and Psychiatry, WVU School of Medicine, Charleston.

***Unhooking: The Challenge of Divorce (2010), Charleston, WV:*** Seminars for divorcing or newly divorced individuals.

***The Case Against Stress (2009), Wheeling, WV:*** Presentation for the West Virginia Bar Association Annual Meeting.

***Raising Boys (2008), Charleston, WV:*** Talk for Bedford Road Garden Club.

***The Art of Desiring (2007), Charleston, WV:*** Workshop for Forest Hill Garden Club.

***Post-Holiday Depression (2006), Charleston, WV:*** Talk for Bedford Road Garden Club.

***Movie Therapy: Enjoying the Script of Your Life (2005), Charleston, WV:*** Presentation at Charleston Family YMCA.

***Depression in Later Life (2005), Charleston, WV:*** Talk for Senior Friends' "H2U" (Health, Happiness and You) series at St. Francis Hospital.

***Ego-Supportive Psychotherapy (2005), Charleston, WV:*** Course lecture for Department of Behavioral Medicine and Psychiatry, WVU School of Medicine, Charleston Division.

***Projective Identification—or Being Slimed (2005), Charleston, WV:*** Grand rounds for Department of Behavioral Medicine and Psychiatry, WVU School of Medicine, Charleston Division.

***Anxiety in School-Age Children (2005), Charleston, WV:*** Breakout session for "Conversations 2005," a conference by the Kanawha Parent/Educator Resource Center.

***Eve and the Art of Desiring (2004), Mankato, MN:*** Workshop at the Women and Spirituality Conference.

***To Desire or Not to Desire and Eve's Desire (2004), Charleston, WV:*** Speaker at Unity Fellowship Sunday services.

***The Adventure of Dating (Again) (2004), Charleston, WV; Columbus & Dayton, OH; Lexington, KY; Chicago, IL; New York, NY; Nashville, Memphis & Jackson, TN:*** Talk in conjunction with national book tour.

***Finding Desire in Midlife (2004), Charleston, WV:*** Speaker at University Builders Author Luncheon at the University of Charleston.

***Awakening Eve's Desire Within You (2003), Charleston, WV:*** Workshop for Alternative Philosophies discussion group.

***Careers in Clinical Psychology (2001), Charleston, WV:*** Lecture and discussion with graduate psychology students at the University of Charleston.

***Your Past is Sticking to Me: What is Projective Identification? (1999), St. Paul, MN:*** Class in an educational series sponsored by the Society for Psychoanalytic Studies.

***From the Bottle to the Breast: Transforming Addictions in the Schizoid Patient (1999), St. Paul, MN:*** Fireside Seminar sponsored by the MN Society for Psychoanalytic Studies.

***Getting to Empathy (1998), Eagan, MN:*** A talk sponsored by Easter Lutheran Church.

***Character Studies (1997), Minneapolis, MN:*** A seminar series for practicing therapists.

***Personality and Spiritual Development: When Personality becomes an Obstacle (1997), Eagan, MN:*** A workshop for parishioners, sponsored by Easter Lutheran Church.

***The Union of Personalities and the Personality of the Union: Working with Character in Couples Psychotherapy (1996), St. Paul, MN:*** A Fireside Seminar sponsored by the Minnesota Society for Psychoanalytic Studies.

***Dreams, Character and Relational Dynamics (1996), Minneapolis, MN:*** A four-part seminar series for practicing therapists.

***Self-Care, Growing through Loss Series (1996), Burnsville, MN:*** A community presentation sponsored by The Interdenominational South Suburban Grief Support Coalition.

***Case Presentation (1996), St. Louis Park, MN:*** Presented a psychotherapy case for a conference on “The Intersubjective Perspective,” featuring Robert Stolorow, Ph.D.

***Personality and Work Satisfaction: When Personality becomes an Obstacle (1995), Minneapolis, MN:*** A presentation for the employees of Tennant Corporation.

***Healthy Sexuality, (1995), Minneapolis, MN:*** A symposia for participants in the adolescent sex offender treatment program sponsored by Lutheran Social Services.

***Personality Disorders I: The Borderline Spectrum (1992-1995), St. Paul, MN:*** A course in the Hamm Clinic Educational Series, offered to interns, fellows and practitioners.

***Personality Disorders II: The Neurotic Spectrum (1992-1995), St. Paul, MN:*** A course in the Hamm Clinic Educational Series, offered to interns, fellows and practitioners.

***Depression: The Role of Psychotherapy (1994), Minneapolis, MN:*** A symposia on depression, sponsored by the Bristol-Myers Squibb Company.

***Assessing Mental Status (1994), St. Paul, MN:*** A training workshop for staff, interns and fellows at Hamm Memorial Psychiatric Clinic.

***Stress Management (1993), Hopkins, MN:*** A seminar for sales managers at Advance Circuits, Incorporated.

***Assessment of Character (1992), St. Paul, MN:*** Hamm Clinic staff training.

***Treatment of Eating Disorders (1991), New Richmond, WI:*** St. Croix County Human Services training.

***Addictions and Self-Medication Theory (1990), New Richmond, WI:*** A staff education presentation for St. Croix County Human Services.



**Personality Disorders (1988), Devon, PA:** A staff education presentation for residential counselors at the Devereux Foundation.

**Working with the Fragile Adolescent (1988), Devon, PA:** A staff education presentation for residential counselors at the Devereux Foundation.

**The Psychology of Adolescence (1986), Reno, NV:** Undergraduate course at University of Nevada-Reno.

**Jungian Dream Analysis (1987), Sparks, NV:** Grand Rounds presentation to staff at the Nevada Mental Health Institute.

**Psychodrama: Encouraging Acting Out (1985), Reno, NV:** An original performance and workshop, assisted by theatre students, for training doctoral clinical psychology students at the University of Nevada-Reno.

## PUBLICATIONS AND RESEARCH:

**Solving the Introvert Problem, in K. Elsbach, A. Kayes & D. Kayes Contemporary Organizational Behavior in Action (Pearson-Prentice Hall, 2016):** Expert contribution to organizational behavior textbook.

**Revenge of the Introverts, (Psychology Today, 2010):** Author of cover story for September/October issue.

**Introvert Power: Why Your Inner Life is Your Hidden Strength, (Sourcebooks, 2013; 2008):** Author. Publisher's top-list book; starred review, Publishers Weekly. Translations published in Chinese, Finnish, Japanese, Korean and Spanish. Second English Edition published in February, 2013.

**The Complete Idiot's Guide to Raising Boys (Penguin/Alpha, 2008):** Coauthor with Barron Helgoe, Esq.

**The Pocket Idiot's Guide to Breaking Up (Penguin/Alpha, 2006):** Author.

**The Anxiety Answer Book (Sourcebooks, 2005):** Coauthor with Laura Wilhelm, Ph.D. and Martin Kommor, M.D. Spanish version, Vivir sin ansiedad, published in 2007.

**The Boomer's Guide to Dating (Again) (Penguin/Alpha, 2004):** Author. Published in Brazilian Portuguese as De Volta ao Mercado in 2008.

**Research Consultant (1994-1995):** Provided consultation on ethics and survey instruments for the Hamm Clinic outcome study.

**Dissertation (1988-1989):** "The Relationship Between Psychiatric Diagnosis and Drug Choice: A Comparison of Opiate and Cocaine Addicted Veterans."

**Research Trainee (1988-1989):** Participated in the development of a cocaine detoxification program/study at the University of Pennsylvania's Center for Studies on Addiction.

**Master's Thesis (1986-1987):** "Perceived and Ideal Intimacy in Older Adults."

**Research Assistant (1985):** Co-facilitated depression group for study investigating the effects of exercise vs. cognitive-behavioral treatment of depression.

**Research Associate (1984-1985):** Worked with a faculty member and other students in designing and piloting a study of 50-year marriages.

**Psychology Trainee (1984-1985):** Assisted with data collection, coding and quality control at the Research Office of the Reno Veteran's Administration Medical Center.

## PROFESSIONAL SERVICE:

Co-chair and member, Curriculum Committee, Davis & Elkins College  
Member, Institutional Review Board, Davis & Elkins College  
Chair, Psychology Search Committee, Davis & Elkins College  
Member, Writing Outcomes Working Group, Davis & Elkins College  
Representative, Davis & Elkins College, Teagle Consortium  
Member and Advisor, Write Club, West Virginia University School of Medicine

## TEACHING AND SCHOLARLY INTERESTS:

Approaches to Psychotherapy  
Theories of Personality  
Personality and Culture  
Introversion  
Therapeutic Use of the Arts  
Postmodern, Literary and Narrative Therapies  
Therapeutic Integration  
Organizational Behavior, Group Processes and Leadership  
Expressive Writing and Health

We are pleased to welcome today's speaker, Dr. Laurie Helgoe. Dr. Helgoe is a psychologist and internationally-recognized expert on introversion. Her book, **INTROVERT POWER: Why Your Inner Life is Your Hidden Strength**, has been on the forefront of what is being called "the introvert revolution" since the first edition was published in 2008. Dr. Helgoe is an Assistant Professor of Psychology at Davis & Elkins College in West Virginia, and also serves as a Clinical Assistant Professor at the Charleston Division of the West Virginia University School of Medicine. She is a frequent invited speaker and media consultant, and has been quoted, profiled or published in numerous media outlets, including The Wall Street Journal. Dr. Helgoe hosts the blog, **Introvert Power: Food for the Inner Life**, at [PsychologyToday.com](http://PsychologyToday.com).

*Please complete, sign, scan and return as attachment to: lahelgoe@suddenlink.net.  
A signed copy will be returned to you.*

This contract has been entered into on the \_\_\_\_\_ day of (month) \_\_\_\_\_ (year) \_\_\_\_\_ by Dr. Laurie Helgoe and \_\_\_\_\_ (hereinafter referred to as "Client"). We do hereby enter into a contract under the following terms and conditions:

1. Dr. Helgoe hereby agrees to furnish the following:

**Speaking engagement(s) on (date)** \_\_\_\_\_  
**from (time)** \_\_\_\_\_ **to (time)** \_\_\_\_\_ (**minutes total**).

**Optional (same day) follow-up conversation or presentation:**

**from (time)** \_\_\_\_\_ **to (time)** \_\_\_\_\_ (**minutes total**).

- Additional presentations requested of Dr. Helgoe outside the terms of this contract are subject to additional fees.
- In consideration of the services described above, the Client agrees to pay Dr. Helgoe a fee in the amount of \$ \_\_\_\_\_ and will provide, pay for, or reimburse, the costs of airfare, lodging and ground transportation for duration of the stay. A nonrefundable fee of \$ \_\_\_\_\_, equal to 50% of the total fee, is due upon the signing of this agreement. The balance amount of \$ \_\_\_\_\_ shall be paid to Dr. Laurie Helgoe prior to or at the time of the speaking presentation. Any expense reimbursements shall be paid within 14 days of the Client receiving copies of Dr. Helgoe's expenses.
- The Client agrees to provide ground transportation for Dr. Helgoe, and any accompanying associates, to and from airport, to and from hotel, and to and from event, or will reimburse Dr. Laurie Helgoe for the total cost for a rental car for the duration of the stay.
- Check should be made payable to Dr. Laurie Helgoe. Mailing address will be provided by Dr. Helgoe.**
- Unless arranged and approved by Dr. Helgoe in advance, audio or video taping of Dr. Helgoe prior to, during and after his speaking engagement is not permitted in any means whatsoever by the Client or any audience member.
- Client will work with Dr. Helgoe's publisher, Sourcebooks (contact: Cristina Wilson, Sales Coordinator, [cristina.wilson@sourcebooks.com](mailto:cristina.wilson@sourcebooks.com) or 630-536-0536) to make her books available for sale for attendees at the speaking venue.
- Client agrees to provide the following in-kind benefits to Dr. Helgoe: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



9. If Dr. Helgoe's speaking engagement is taking place at a college, university or high school, the Client agrees not to schedule speaking engagement(s) in a cafeteria, marketplace, or student union lobby during lunch or dinner hours. If the Client schedules speaking engagement(s) during lunch or dinner hours, the event must be held in a room separate from the cafeteria, marketplace, or student union lobby.
10. If Dr. Helgoe's speaking engagement is cancelled due to an Act of God or dangerous situation, all parties agree to reschedule the event with the same terms as stated in the initial agreement. If the Client cancels the scheduled speaking engagement within 14 days of scheduled event, the Client is responsible for reimbursing Dr. Helgoe for any airfare expenses incurred. In the event of an emergency situation (i.e., personal/family-related illness, accident, death, other) that causes Dr. Helgoe to cancel, the Client may find a replacement speaker for the speaking engagement, or the engagement will be rescheduled. If the engagement is cancelled by the speaker, the Client will not be responsible for expense reimbursements and will be reimbursed the deposit fee.

We agree to the above terms and conditions:

Laurie A. Helgoe \_\_\_\_\_

\_\_\_\_\_  
Client Representative (Print Name)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

**Laurie Helgoe | [www.drlauriehelgoe.com](http://www.drlauriehelgoe.com)**

## THE CLIENT AGREES TO PROVIDE THE FOLLOWING:

- A professional sound system.
- A projector with laptop hook-up.
- A wireless lapel clip-on microphone.
- A bottle of water for each presentation.
- Copies of handouts to accommodate projected audience. Handout originals will be provided by Dr. Helgoe at least one week prior to the presentation.
- A podium placed to the right of the projector, with a table immediately to the right of the podium for Dr. Helgoe's laptop.
- An introduction of Dr. Helgoe at the onset of her talk (a suggested introduction is provided in these materials).

**Thank You!**

**Laurie Helgoe | [www.drlauriehelgoe.com](http://www.drlauriehelgoe.com)**



