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Dr. Trego's motto "Efficient with Things, Effective with People," succinctly describes her understanding of the technical creative process requiring both technical and interpersonal skills. Dr. Angela Trego, PE, PMP, held technical and senior leadership roles at Fortune 500 companies before focusing on her passions for teaching, coaching, and mentoring. She serves on several technical society advisory boards and non-profit executive boards. She has two patents and over 80 publications. Applying a strong technical background with leadership experiences across multiple industries gives Angela a unique perspective. Angela's story includes conquering a birth defect to become a collegiate athlete and frequently solving engineering problems as the sole woman among her peers. These experiences drive her passion to inspire organizations to better themselves and build vital skills for individuals to realize their unlimited potential. More information can be found at: [angelatrego.com](http://angelatrego.com).