

Dr. Angela Trego

PE, PMP, FHEA

Rocket Scientist, Fortune 500 Executive, Bestselling Author,
Global Speaker, Inventor, Award Winning Teacher

Confidence is a skill. I help you master it.

SIGNATURE KEYNOTE

Squashing the Imposter Syndrome: Embracing Your Confidence

A high-energy, research-backed keynote that gives audiences practical tools to silence self-doubt and step into their full potential. In the boardroom, the lab, and beyond.

WHO BRINGS THIS TO LIFE?

A rocket scientist who has occupied every seat in the room. Engineer. Executive. Professor. And speaker to thousands of professionals across 6 continents.



#1 Amazon Bestseller
Squashing the Imposter Syndrome

WORKSHOPS & TRAININGS

- Soft-skills & communication for technical professionals
- Faculty classroom management & student engagement
- Counselor training for unconscious bias & STEM
- Women in STEM leadership development



BEYOND THE STAGE

- Contributed to 3 space vehicles including the ISS
- Founded the Trego Foundation sponsoring scholarships for women in mechanical engineering
- Executive Board member, Empower Playgrounds Inc. empowering rural Ghanaian children through education
- Academic All-American and ranked beach volleyball player

WHAT PEOPLE ARE SAYING

“Your insight into how we describe working environments and the jobs we do was an “aha moment” for me. I am grateful.”
– Karen C. Executive Manager, Composites Australia Inc.

“Great insight into a relevant topic for today’s companies. Made me think how I can change and how my company will benefit.”
– John D. Project Manager, BioFire Diagnostics

“Thank you so much for being the keynote speaker... Your presentation was interesting, enlightening, and motivational.”
– Terri B. Advisor, Society of Women Engineers

Ready to book Dr. Trego?

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