





CREDENTIALS & AWARDS

- **Ph.D., Counseling Psychology**, University of Kansas
- **Licensed Psychologist**, State of Washington, State of New York
- **Health Service Psychologist**, National Register of Health Service Psychologists
- **Board Certified Specialist**, Organizational & Business Consulting Psychology, American Board of Professional Psychology
- **Early Career Woman Psychologist in Management of the Year**, 2021, Society of Psychologists in Leadership

NOTABLE ROLES

- Clinical Psychologist, **US Department of Veterans Affairs**, 2011-2014
- City Leader, Sidewalk Talk, Austin, Texas, 2016-2017
- Global Resiliency Program Manager, **Facebook**, 2017-2019
- Global Head of Wellness, **Twitter**, 2019-2022
- Head of Employee Health & Performance, Spring Health, 2022-2023
- Adjunct Instructor, **New York University**
- Board Member, Association for Organizational and Business Consulting Psychology, American Board of Professional Psychology
- Counsel Member, National Institute for Occupational Health & Safety, **Centers for Disease Control**

FOLLOW CANDICE

-  [linkedin.com/in/candiceschaefer](https://www.linkedin.com/in/candiceschaefer)
-  [@doctorschaefer](https://twitter.com/doctorschaefer)

BIO

Dr. Candice Schaefer is a board-certified licensed clinical psychologist, executive coach, consultant, and thought leader in the field of mental health at work. Dr. Schaefer spent 10 years as a practicing clinician in medical settings and private practice before moving to the tech industry in 2017, where she created and delivered resiliency programming for employees working with graphic and sensitive content at Facebook. At Twitter, Dr. Schaefer served as the director of global employee wellness, a subject matter expert, and a consultant to many organizations within Twitter, with the goal of increasing employee resilience and decreasing occupational burnout. In 2022, Candice joined Spring Health, a mental health technology company, to create an internal innovation lab researching the connections between mental health and high performance through workplace mental health interventions.

Now, Dr. Schaefer enjoys working with clients as a therapist and executive coach, as well as an independent consultant for organizations. She has served as a panelist and keynote speaker at many employee well-being conferences around the world for HR and corporate well-being professionals, and a speaker for employee groups on areas like imposter syndrome and burnout.

Dr. Schaefer is a regular source for media stories and podcasts on resiliency, burnout, and millennial work/life balance. She can be reached for media inquiries at candice@candiceschaefer.com

featured in...



featured talks

COMBATING IMPOSTER SYNDROME

1-2 HOURS

Do you ever feel like a fraud at work? Imposter syndrome can rob us of our confidence and future opportunities when we doubt ourselves! In this 1 hour talk, Dr. Schaefer will review the basics on imposter syndrome and how to identify it in ourselves, as well as combat it,

BURNOUT: RECOVERY & PREVENTION

90 MINUTES

Lets face it, there is no shortage of occupational burnout happening in today's workplace. But what is burnout exactly, and more importantly, how do we stop it from happening in the first place? Dr. Schaefer reviews common strategies and tips on managing and recovering from burnout..

BUILDING PEER SUPPORT IN THE WORKPLACE

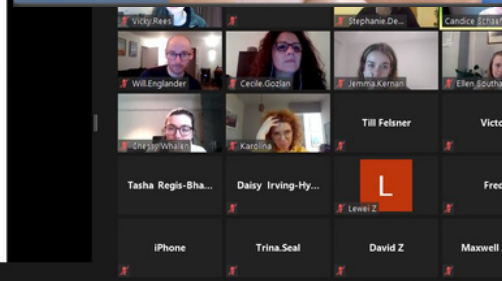
1-2 HOURS

In this one hour workshop, Dr. Schaefer will teach your employees the basics of listening, reflecting, and how to help others in crisis situations.



WHAT IS IMPOSTER SYNDROME?

- A pattern of beliefs that keep you in fear about your abilities and competence
- These can be specific or generalized
- It is estimated that 70% of all people will experience feelings of imposter syndrome in their lifetime
- It is NOT a mental disorder
- Usually held by high achievers or people who want to achieve things



“Candice provided us with an extremely interesting and helpful talk on the topic of imposter syndrome. The talk was well balanced between helping us to understand what imposter syndrome is, why these thought patterns occur, and proactive steps we could take to overcome these feelings and combat our imposter syndrome! Candice is a very engaging speaker and held attendance and interest high throughout the whole session using popular culture references and asking questions to the audience. Every attendee left the talk with a whole host of tips to take forward and use throughout their career. I can't thank Candice enough for this talk!”

