



Dr. Valerie Woo, DMD  
**SPEAKER PACKET**

*Valerie Woo*  
CONSULTING



## Half Nester™: The Leadership Shift Nobody Prepared You For

**Life inevitably brings seasons where roles shift faster than our identity can catch up.** Careers remain demanding while family and leadership responsibilities evolve. Externally, life appears successful. Internally, many professionals feel depleted, reactive, and untethered, navigating change without clear structures to lean on.

In this program, Dr. Valerie Woo equips participants with a practical pathway for designing sustainable rhythm during seasons of transition.

Through the Half Nester™ lens and her LEADS Framework, Valerie guides participants to make intentional choices about priorities, energy, and emotional responses. Emphasis is placed on rhythm, emotional regulation, and a leadership style that is responsive rather than reactive. The outcome is greater stability, presence, and capacity across life's various seasons.



Valerie Woo, DMD  
[www.HalfNester.com](http://www.HalfNester.com)  
[info@DrValerieWoo.com](mailto:info@DrValerieWoo.com)  
703-646-0776



This season is about choosing **YOUR** priorities and protecting your energy, not reacting to everything.

### LEARNING OBJECTIVES:

- Identify the defining characteristics of Half Nester™ seasons
- Recognize where over-functioning, self-reliance, or outdated roles are draining capacity
- Explore simple, repeatable strategies and tools for navigating your personal and professional leadership roles
- Apply the LEADS pathway to translate Half Nester™ principles into practical rhythms, boundaries, and redesigned support structures
- Leave with one season-appropriate next step that supports sustained, meaningful forward motion

SUGGESTED AUDIENCE:  
HEALTHCARE PROFESSIONALS

SUGGESTED FORMAT:  
LECTURE KEYNOTE

## Dr. Valerie Woo, DMD

**Dr. Valerie Woo, DMD** is a pediatric dentist, healthcare entrepreneur, and leadership educator who helps high-achieving professionals navigate the Half Nester™ shift, the stage of life where responsibilities expand but familiar ways of operating no longer fit.

*Naming something matters. It gives us context, belonging, and a way forward.*

After founding and growing a multi-doctor pediatric dental practice recognized for its culture and patient experience, Valerie successfully sold the practice in 2021. With over two decades in healthcare leadership, ownership, and consulting, she has worked closely with clinicians facing increasing professional demands alongside evolving family roles and personal responsibilities.

Like many healthcare professionals, Valerie reached a point where the pace and structures that once worked began to feel misaligned with the complexity of her evolving life. As her career evolved and family dynamics shifted, she recognized the need for redesign rather than endurance. From that lived experience, Half Nester™ emerged as both language and leadership framework for navigating periods of overlap, transition, and complexity.

In her programs, Valerie presents Half Nesting as a leadership practice and introduces LEADS as a practical pathway for designing rhythm, boundaries, and support structures that protect capacity while sustaining meaningful work.

Valerie speaks to healthcare organizations, professional conferences, and leadership audiences, offering grounded, applicable programs that resonate across both work and life.

### PRESENTATIONS

- Harvard School of Dental Medicine
- Childrens Hospital Boston
- Massachusetts General Hospital
- National Cancer Institute
- American Academy of Pediatric Dentistry Annual Meeting
- Dental Nachos (multiple)
- Dental Entrepreneurial Woman
- College of Charleston Business School
- University of Maryland College Park

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📷 drvaleriewoo  
f drvaleriewoo  
📺 valeriewoo

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