



Prof Maja

SOCIOLOGIST | AUTHOR | TEDX SPEAKER | CONFIDENCE-BUILDER

OFFICIAL BIO:

I am a sociologist, author and TEDx speaker. I'm also a confidence-builder and apology-hater. I graduated with a Ph.D. in Sociology in 2014 (focusing on the sociology of women's health), with no clear career in mind, until I attended an academic conference that completely changed the trajectory of my research, my career and my life. At that conference, I witnessed women at the pinnacle of their career deflecting praise, minimizing their accomplishments and over-apologizing for mundane issues. I immediately became obsessed with apologies and communication. I wrote my first book "[Hey Ladies, Stop Apologizing... and other career mistakes women make](#)" in 2015, along with the accompanying [WORKBOOK](#). The [audiobook](#) came out in 2018 which is a best-of compilation for both the book, the workbook and my [TV appearances](#).

In 2019 I gave my first TEDx talk, entitled "[How apologies kill our confidence](#)". Shortly thereafter, TED IDEAS interviewed me and wrote an article about my talk, "[Sorry to bother you, but do you say "sorry" too much?](#)" –it ended up being their most read article for 2019!

My full-time job is on the public speaking circuit where I give talks and workshops to women about all things related to confidence, communication and mindset. For almost a decade I taught part-time in the Sociology Department of McMaster University in Hamilton, Ontario focusing on Sociology of Health. Although I love teaching and learning from students, I am taking a long sabbatical from the teaching world to focus exclusively on my research.

For the past 5 years I have been conducting a [global study on women's confidence](#) and communication skills, talking to women about what influences their confidence, their use of apologies, and how they handle praise, success and failure. This is part of what will most likely be a 7-year study that is both exhilarating and overwhelming, but I wouldn't have it any other way, because I am utterly fascinated and curious about all things confidence related.