

Bio for Maureen Zappala

Full Version

From the control rooms of NASA to the bright lights of her adopted home of Las Vegas, Maureen Zappala has transformed her career from rocket scientist to sought-after keynote speaker, impostor syndrome expert, and performance strategist. A graduate of the University of Notre Dame, she spent 14 years at the NASA–Lewis Research Center in Cleveland conducting jet propulsion research, becoming the first woman and youngest Facility Manager of NASA's Propulsion Systems Laboratory.

Today, Maureen is the author of five books, including her newest, Get Your Best People to Give Their Best Effort, and the creator of The Propulsion Principle™, a practical system for decision-making and execution under pressure and beyond doubt. Drawing on her engineering background and years of studying impostor syndrome, she challenges the common assumption: High performers don't need more confidence. They need a reliable way to make decisions and take action, even when doubt says "Don't!"

Maureen brings an engineer's approach to a costly organizational problem: capable people who hesitate, overthink, or hold back in high-stakes moments. She reveals how impostor syndrome distorts the evidence of success, creating a gap between what people are capable of doing and what they actually do. Her MTM Method™ (Moment of Truth Mastery) equips audiences with a repeatable decision protocol to detect distorted thinking, verify the evidence, and act without waiting to feel 100% ready.

Whether she's addressing STEM professionals, emerging leaders, or C-level execs, Maureen combines scientific credibility, captivating storytelling, and proven tools that audiences can use immediately. Known for her humor, clarity, transparency, and riveting NASA stories, she makes audiences laugh loudly, think clearly and act decisively when the stakes are high and the moment matters most.

Short Version

Maureen Zappala is a former NASA rocket scientist turned keynote speaker, impostor syndrome expert, and performance strategist. At NASA, she became the first woman and youngest Facility Manager of the Propulsion Systems Laboratory. Today she is the author of five books, including Get Your Best People to Give Their Best Effort, and creator of The Propulsion Principle™, a practical system for decision-making and execution under pressure. Her message: high performers don't need more confidence. They need a reliable way to decide and act, even when doubt says "Don't!" Expect humor, riveting NASA stories, and tools audiences can use immediately.

Note: These are for event programs and promotional materials. For stage introductions, please use the separate Speaker Introduction document or intro video located at maureenz.com/meeting-planners/

Maureen Zappala

330-441-0722
maureen@maureenz.com