

About Sylvia Henderson

Author of Why You Talk So White?



Growing up in Philadelphia, Sylvia Henderson was raised to succeed in a world where racial and social injustices stood in the way of many young minorities. Henderson's parents, both African-Americans, faced overt racism and sexism while coming of age in the United States during the 1920s and 1930s. Active in the civil rights movement, they firmly believed that for a black person to survive and succeed, they must assimilate into the "white man's world" by looking, sounding, and acting like a majority of leaders in American society.

Henderson's parents stressed that positive communication skills would open many doors. She learned to develop her speech habits using proper diction and grammar, although most of her peers used slang and spoke in an urban dialect. At school, Henderson faced teases and taunts because she "talked white," but later found that her parents' lessons would be helpful in life and career advancement.

In 1974, Henderson graduated with honors from Cheyney State University with a Bachelor of Science degree in secondary education. She later earned a Masters of Business Administration degree from the University of Pittsburgh in 1975. Her professional career reflects a commitment to motivating others to succeed through strengthening their interpersonal communications and leadership abilities. Over 25 years, she worked in human resource positions for large corporations such as AOL, IBM and American Management Systems.

In 2000, Henderson started Springboard Training, a company that conducts seminars and workshops that shape attitudes focusing on professionalism, work ethics and leadership. She has written several books on interpersonal communications while acting as CEO of the company, including *Conversations on Success* (Insight Publishing, 2004).

In her latest book, *Why You Talk So White?* (V-Twin Press, 2005), Henderson examines the communication behaviors that sabotage the success of blacks and whites alike. The book identifies behaviors that represent professionalism and demonstrate positive work ethics while providing steps to personal improvement in one's life and career.

Henderson also hosts her own cable talk show that airs twice a week on Maryland's MMC-TV, "Think About It," which provides business, professional and personal development programming. As a volunteer trainer and life-long member of the Girl Scouts of America organization, Henderson helps young girls realize their potential to become the future leaders of America. She is also a member of the National Speakers Association and has been a Club Officer of Toastmaster International for six years.

Henderson currently resides in Olney, Md., located just outside of Washington, D.C. The proud owner of two Welsh Corgis, Henderson enjoys spending her spare time riding motorcycles. To learn more about Henderson visit www.springboardtraining.com.

To request a review copy of *Why You Talk So White?* or set up an interview with Henderson, please contact Amber Childres at (512) 478-2028 ext 224 or achildres@phenixpublicity.com.