



[Eva DeVirgilis.com](http://EvaDeVirgilis.com)

Communication Consulting & Facilitation Sessions

PRESENTING WITH POWER

Class times: 1.5 Hour/ Half-Day or Full-Day Seminars available

Discover the secrets to creating compelling and dynamic presentations, whether writing your TEDtalk, presenting an abstract, or conducting a morning meeting. In this high-energy, interactive talk, Eva DeVirgilis shows you how to write and deliver dynamic, courageous and powerful presentations. Learn Eva's five-step process to unlocking a stress-free structure which allows you to drill down to the essence of the message you want to convey. Walk away with practical tools and formulas to activate your leadership potential so you can compel your audience to action, every single time.

I'VE GOT YOUR BACK

Class Time: 90 min/ Half-Day or Full-Day Seminars available

Looking to cultivate more group cohesion, better communication, and most of all FUN in your office? This is the workshop for you. Just before going on stage, the members of an Improv group say to each other, "I've got your back." In order to create a spontaneous and cohesive story for an audience, they must make their teammates look good by employing the Golden Rule of Improv "YES, AND." This philosophy means agreeing with teammates, and then building upon their ideas. It requires the partners to play to the top of their intelligence and establishes group confidence, synchronicity, and fun. When team members are fully supported in a cooperative working environment, they are more productive and effective as a team. They handle conflict, change, and work together more harmoniously. In this entertaining session, led by award-winning actor/comedian, and TEDx presenter Eva DeVirgilis, learn the tools to strengthen your team by building relationships based on trust, support, and encouragement.

CREATIVE CONFIDENCE

Class times: 90 min/ Half-Day or Full-Day Seminars available

Do you struggle with taking creative risks? Want to know *when* and *how* to inject more creativity into your business and life? Wondering if creativity is even appropriate in your line of work? Experiment, challenge, and learn the answers to these questions and many more in this fun and lively session run by life-long creative, Eva DeVirgilis. Walk away with simple tools and prompts to get you started taking creative leaps right away- because, being creative in business is no longer the exception, it's essential!

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VIRTUALLY AUTHENTIC: REAL CONNECTION IN A VIRTUAL WORLD

Class Time: 90 min

Ready or not, the world of business has shifted to on-camera meetings. Whether you're looking to gain confidence with everyday zoom meetings, sales pitches, or lead presentations with creative authority, this session is for you. Communication Coach Eva DeVirgilis will show you how to make virtual presentations stick.

In this interactive, 60-minute, online seminar DeVirgilis shares secrets she's learned from her 20 years of experience in front of the camera, combined with techniques she developed for her On-Camera Technique Class, along with years of coaching & facilitating for business. Learn new approaches to presenting and how to manage troubleshooting with preparation, poise, and a sense of humor. Leave the program empowered with skills needed for high-performance presentations both on-camera and off.

BOLDNESS, COURAGE, ASSERTIVENESS

Class Time: 90 min

Is there something you've been wanting to do but you can't seem to get the courage to? Being bold can be scary for many of us, but is essential for growth and achieving success. Learn how to step onto your "edge" in life – pushing the limits of your comfort zone and live, speak, and act in ways that are courageous. In this insightful session led by TEDx presenter Eva DeVirgilis, discover some techniques that can dramatically change how you feel about yourself, and how you approach the world to achieve your vision.

MANAGING PRESSURE AND MAINTAINING BALANCE

Class Time: 90 min

Things are busy at home and at work. You have your hands full, and are often tasked with dealing with difficult situations and people; having skills you can draw on to manage pressure and maintain balance are essential for peace of mind and growth. In this lunch & learn workshop participants will learn tools for managing stressors and anger, learn about emotional intelligence, and learn how to increase optimism and resilience. Led by actress, comedian and TEDxRVAwomen presenter Eva DeVirgilis.

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CULTIVATING OPTIMISM

Class Time: 90 min

There's more to an optimistic outlook than seeing a glass as half-full. In this seminar participants will explore and reach the "3 levels of Happiness" finding key pathways to positive thinking as defined by the father of Positive Psychology, Martin Seligman.. Garner life and health benefits of an optimistic outlook, including better physical health, coping, confidence, and fully engaging with and achieving your goals. Cultivating optimism is contagious, the more you practice it the more it spreads. Learn the strategies to reframe your thought processes and flip negative thinking for a better life.

MINDFULNESS FOR THE OFFICE

Class Time: 90 min

"Life is a Dance. Mindfulness is witnessing that dance" - Amit Ray

Mindfulness is an awareness of the present moment. The practice of mindfulness grounds you, relieves stress, and encourages empathy towards yourself and others. In this seminar learn simple breathing and relaxation techniques that you can do anywhere to recharge the body, giving you more creative and dynamic energy. This workshop is led by Eva DeVirgilis who has been practicing and teaching these techniques for over 16 years.

PERSONAL BRANDING

Class Time: 90 min

Whether you want one or not, you have a personal brand. In this session Eva DeVirgilis shows you how to manage your brand, creating a deeper, more meaningful impact. Session exercises will encourage participants to explore and streamline their vision while providing the tools to pivot, rebound and rebrand successfully and in a genuine way.