

Workshops and Seminars [In person or virtual]

PRESENTING WITH POWER- MAKE IT MEMORABLE

60/90- Half-Day or Full-Day Seminar [In person or virtual]

Whether writing your TEDtalk, presenting an abstract, or conducting a morning meeting, being an engaging speaker takes guts. Making it memorable takes emotional peaks. In her most popular seminar, Eva shows you how to write and deliver dynamic, courageous and memorable presentations using the science that sparks our memory curve. Learn Eva's stress-free structure to uncover the essence of your message so you can compel your audience to action, Every. Single. Time.

THE ASK-Building Your Rejection Resilience *Women Focused Allies welcome!*

60/90 min/half day Workshop Navigate your way to a "Yes" as you learn to embrace "No." Learn evidence-based strategies that will revolutionize your approach to negotiation. In this session you'll use the 5-Step Framework to CRAFT, DRAFT & make your BIG ASK to other workshop participants garnering valuable real-time feedback.

I'VE GOT YOUR BACK- Building Joyful & Resilient Teams with Humor

60-90 min/ Half-Day Seminars available

Looking to cultivate more group cohesion, communication and joy with your team? Join the list from Fortune 50 Companies to Government agencies who have laughed and learned their way to communication through the Golden Rules of Improvisational Comedy. Comedian and actor Eva DeVirgilis will guide participants how to 'play' to the top of their integrity and intelligence, while establishing group confidence, synchronicity, and most importantly, fun.

MAINTAINING BALANCE & MANAGING PRESSURE

60-90 min

Say 'bye' to burnout by learning how to complete your Stress Cycle. In this joyful seminar, you'll learn the three most important questions to ask yourself every day in order to reduce worry, choose positivity, and prioritize your time. Using evidence-based exercises, positive psychology, and simply having fun, we'll boost our optimism, build resilience, and learn to fail and flail forward. The group will work together to reach the "three levels of happiness" as established by Martin Seligman, the pioneer of positive psychology.

OTHER SEMINAR TOPICS INCLUDE: Mindfulness & Meditation for the easily Annoyed and Highly Skeptical, Creativity, Being Bolder, or customize a workshop according to your companies need!

Eva DeVirgilis empowers thought leaders to communicate to their highest potential. She brings twenty years of experience in film, television, theatre and comedy to the table to help you find the creative, dynamic, passionate leader within you. In addition to her keynotes, she provides high-frequency communication consulting which is the secret weapon for CEO's, business executives, thought-leaders, medical experts, & MBA Programs. Now, she wants to help you tell your story. One on One and Group coaching available.



For Fee range for seminars
Let's talk!