



ELIZA
VANCORT



MEET ELIZA

#1 BESTSELLING AUTHOR

SPEAKER. THOUGHT LEADER. PODCAST HOST.

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OVERVIEW

motivational teacher



If you experience my work you will leave our time together with a lot more than motivation. I'm a motivational speaker and a writer, but **fundamentally I'm a teacher.**

You won't find **my level of specificity** anywhere else. I go beyond narrow, old school instruction by integrating how the outside world impacts our interactions with others and how others perceive us.

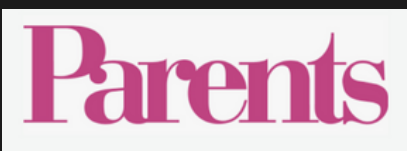
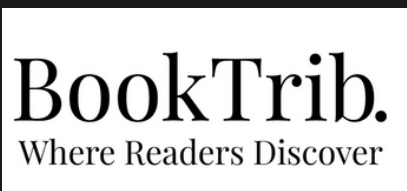
After working with me people are **inspired by my journey** and life lessons to more effectively influence, collaborate, lead, and to claim their space.

My background in political science, plus more than twenty years as an acting instructor teaching physicality, voice, and storytelling, gives people the tools they need to **turn their inspiration into action.**

Eliza VanCort

MEDIA

Spreading the word about claiming space



*From
The Drew
Barrymore Show*

*"I am so fascinated by
this! There are such
impressive
takeaways!"*

"

-Drew Barrymore

*"You went through
traumatic things and
what you did is... you
harnessed that and
decided to give back
to the world, bringing
those lessons
wherever you
go...Thank you so
much!"*

"

-Ross Mathhews



Eliza VanCort

BOOK

#1 Bestseller

A groundbreaking how-to guidebook like no other, my book struck a chord with women all over the world. It is building a community of women who stand tall, raise their voices, and claim their space unapologetically and bravely. From communication posture to imposter syndrome, this book covers it.

So exciting - my book earned a coveted spot on the recommended table in every major airport!



“THE SECRET TO LIVING YOUR ONE, WILDLY AUTHENTIC LIFE IS TO CLAIM YOUR SPACE. HERE’S HOW.”

-Maria Shriver's Sunday Paper Book of the Week

“EVERY WOMAN SHOULD READ THIS BOOK: IT COULD CHANGE YOUR LIFE.”

-The Bookbag, United Kingdom

Eliza VanCort

PODCAST

Top 10 in Arts and Books in the US and Canada



My Podcast, Claim Your Space, will empower you to live the life of your choosing unapologetically and bravely. In short, it will help you claim your space. Each week I will have authentic and informative conversations with inspirational women who will offer you critical knowledge, life lessons, and practical tools.

You won't hear stuffy conversations with these women! We'll have real, unfiltered talk about their subject matter expertise, and about their lives. Each episode will afford you the inspiration and strategies you need right now to make your life, and the world, better. [Listen here.](#)

[Sponsored by Madison Savile](#)

ENGAGEMENTS

My work in corporate, non-profits and academia

“Eliza’s reception as an individual coach, workshop leader, and speaker has been universally positive and, in many cases, transformative. She teaches with a level of precision, clarity and effectiveness that I have not previously seen.

“

JOHN SILICIANO
DEPUTY PROVOST
CORNELL UNIVERSITY

Lenovo



CONDÉ NAST



“Eliza did a keynote and workshop for the women leaders on my team, and feedback was phenomenal. I got more unsolicited praise and thanks from the team than any other training intervention.

“

DANIEL FIELDS
ASIA PACIFIC
EXECUTIVE DIRECTOR
OF SERVICES LENOVO

My life / My work

After enduring traumatic kidnappings as a child and then surviving a life-altering bicycle accident as an adult, Eliza VanCort has become a renowned communications expert and empowerment advocate.

In her popular presentations and workshops, Eliza uses her academic expertise and decades as an acting instructor to transform her audience's lives with innovative leadership and actionable communication tools and tips.

Eliza's proprietary methodology has been described as "invaluable" and "thrilling," making her one of the most sought-after speakers in the industry today.

Eliza is a Cook House Fellow at Cornell University and a Govern for America League of Innovators member, the co-founder of Think Twice Labs with Alma Derricks

Eliza has become a viral sensation on TikTok for her candid, thought-provoking commentary and her innovative new podcast will be launched in the top ten in both the US and Canada.

When not speaking, running workshops, writing, creating content, or rabble rousing, Eliza binges sci fi, or rides "Leia," her magical collapsible bike! She is most proud of her four kids, all of whom are claiming their space unapologetically in their own wonderful and unique ways.



SERVICES

Retreats, keynotes, workshops, and coaching

Focus: Persuasive communication

Services: Retreat, Keynote, Workshop, Coaching

Title: Claim Your Success: How to stand tall, raise your voice and be heard

In this motivational keynote, I share my personal story: from kidnappings to a near-fatal head injury, to becoming a #1 bestselling author. Unlike many keynotes, I also offer audiences concrete skills. I dive into the communication and presentation skills that have empowered me to claim my space and find success. Attendees don't just leave inspired. They learn strategies to achieve their goals professionally and in every aspect of their lives.

Focus: Empowered Nonverbal Communication

Services: Retreat, Workshop, Coaching

Title: Harness Your Communication Superpowers

I use macro public speaking exercises to assess micro communication strengths and weaknesses. Attendees learn to present content powerfully - from sales to the boardroom to large audience presentations. Each participant leaves with two to four actionable tools that will immediately augment their ability to inspire, influence, and lead.

Focus: Neutralizing Antimentors

Services: Retreat, Keynote, Coaching

Title: Claim Your Success: How Overcome Antimentors and Thrive

Antimentors can thwart your ability to thrive and succeed, even if they are no longer in your life. Using personal narrative and the latest research, I help attendees identify career crushing antimentors in their lives and offer strategies to neutralize them. My motivational and informative message will also help people who are antimentors recognize their behaviors and learn non-shaming strategies to effectively lead with empathy.

Have questions? Please reach out to me: jess@vancortconsulting.com

SERVICES

Retreats, keynotes, workshops, and coaching

Focus: Office politics and transformative networking

Services: Retreat, Keynote, Workshop, Coaching

Title: Claim Your Success: The Truth about Office Politics

In this fresh take on an age-old phenomena, I examine the two components of office politics: networking and toxic work environments. Attendees learn to reframe networking, and strategies to build inclusive, powerful networks which uplift both individually and collectively. I also reveal how to identify and neutralize toxic work environments. Better understanding how to create positive work experiences in any environment transforms lives and helps companies optimize their talent. This talk does just that.

Focus: Personal Narrative and Storytelling

Service: Workshop

Title: Storytelling for Leaders and Changemakers

This workshop builds on skills learned in my Persuasive Communication and Public Speaking Workshop. Each participant prepares a short speech beforehand, which they workshop and present to the group. They leave with a compelling professional pitch that integrates their unique personal narrative. Their carefully crafted pitches get attention and accelerate careers.

Focus: Claiming Space (communication, networking, self-sabotage, verbal defense, integrated networking)

Service: Course

Title: Harness the Five Pillars of Claiming Space

This 7-week course is for women seeking to turbo-boost their professional lives. Make a strong first impression, enhance public speaking skills, neutralize antimentors, set boundaries, stop apologizing, persuade, lead and much, much more. The class meets once a week for 2.5 hours and is limited to ten women.

Individual coaching covering all services above available. Please inquire!

Eliza VanCort

LET'S WORK TOGETHER!

Please reach out if you'd like to learn more!

To connect with me and my team contact: jess@vancortconsulting.com



Eliza VanCort

WE GOT THIS.

To connect with me and my team contact: jess@vancortconsulting.com



***I look forward to working with you! Please
don't hesitate to reach out with questions!
Warmly,
Eliza***