



ACT WITH CONFIDENCE

ELIZA

SPEAKER TRAINER AUTHOR EXECUTIVE COACH

VANCORT

Many experts promise results.

Eliza delivers.

Eliza VanCort is a communication strategist, #1 bestselling author, keynote speaker, and hands-on workshop facilitator trusted by Fortune 500 leaders worldwide.

A Cornell Cook House Fellow with twenty years running a pioneering acting training studio, her methods sit at the intersection of political science, law, and the Sanford Meisner technique. She built these tools because she needed them herself. That is what makes them work.

WATCH ELIZA IN ACTION



WORK WITH ELIZA

Workshops & Residencies

Hands-On. High-Impact.

Small-group immersives where every participant receives real-time individualized coaching and leaves with precise tools they apply in their next high-stakes moment.

Signature Keynote

Command The Room.

Vocal techniques, body language strategies, and a framework for projecting authority under pressure. Audiences don't just leave inspired. They leave with tools they use immediately.

Executive Coaching

The Career You're Capable Of.

1:1 coaching to build the confidence, presence, and strategic clarity to move your career forward at every inflection point.

Saying words
is easy.

Saying them well
makes all the
difference.

WHY WE FAIL

Most professionals spend hours perfecting what to say, and very little time on how to say it, even when the stakes are high.

When presence falls short, words are almost never the problem. The gap is body, voice, and message failing to work together. That gap is fixable, and the fix is learnable.

Drawing on her academic background in political science and law, combined with twenty years as a pioneering acting instructor, Eliza VanCort brings her proprietary tools to keynotes, immersive workshops, and private coaching, unlocking potential you simply won't find anywhere else.



WORK WITH ELIZA

Learn to **navigate** high-stakes moments with confidence and precision, so whether the conversation is difficult, the room is powerful, or the audience is thousands, you always have a clear system.

Learn to **master** the Five Fundamentals of Vocal Power: Silence, Cadence, Pitch, Volume, and Emotional Stamping, so every word lands with authority.

Learn to **decode** behavior with the VanCort Technique, born of twenty years teaching Sanford Meisner's acting method, offering you one-of-a-kind insights.



Learn to **command** every room, whether workshop, boardroom, or keynote stage, by mastering the Cue Big and Cue Small framework so every audience sees what makes you exceptional.

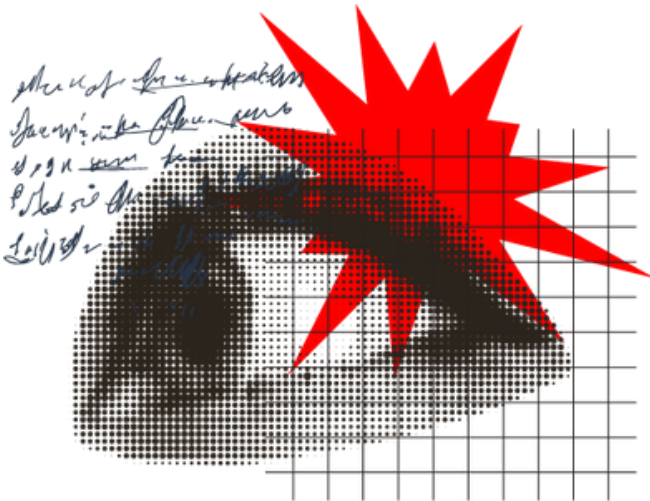
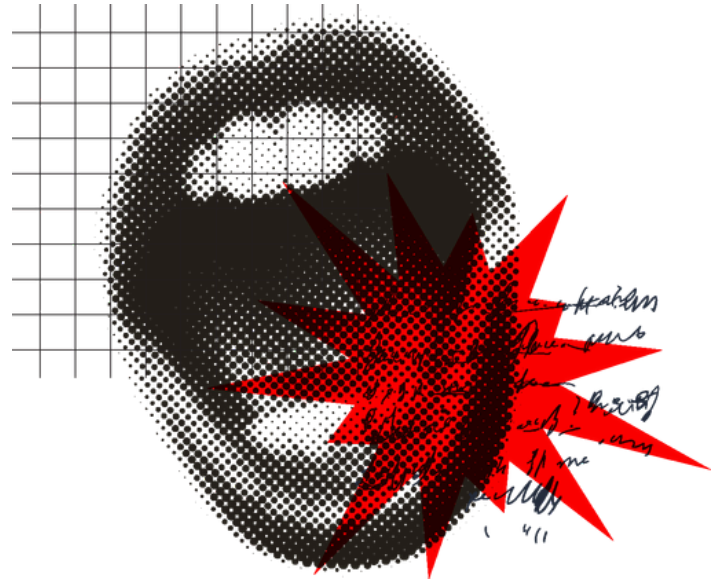
Learn to **influence** and persuade with integrity, reading what motivates your audience and crafting every message to move them to action, regardless of the topic.

Learn to **build** the executive presence and strategic clarity your career demands, with private coaching that delivers results at every inflection point.

TRANSFORMATIVE OUTCOMES

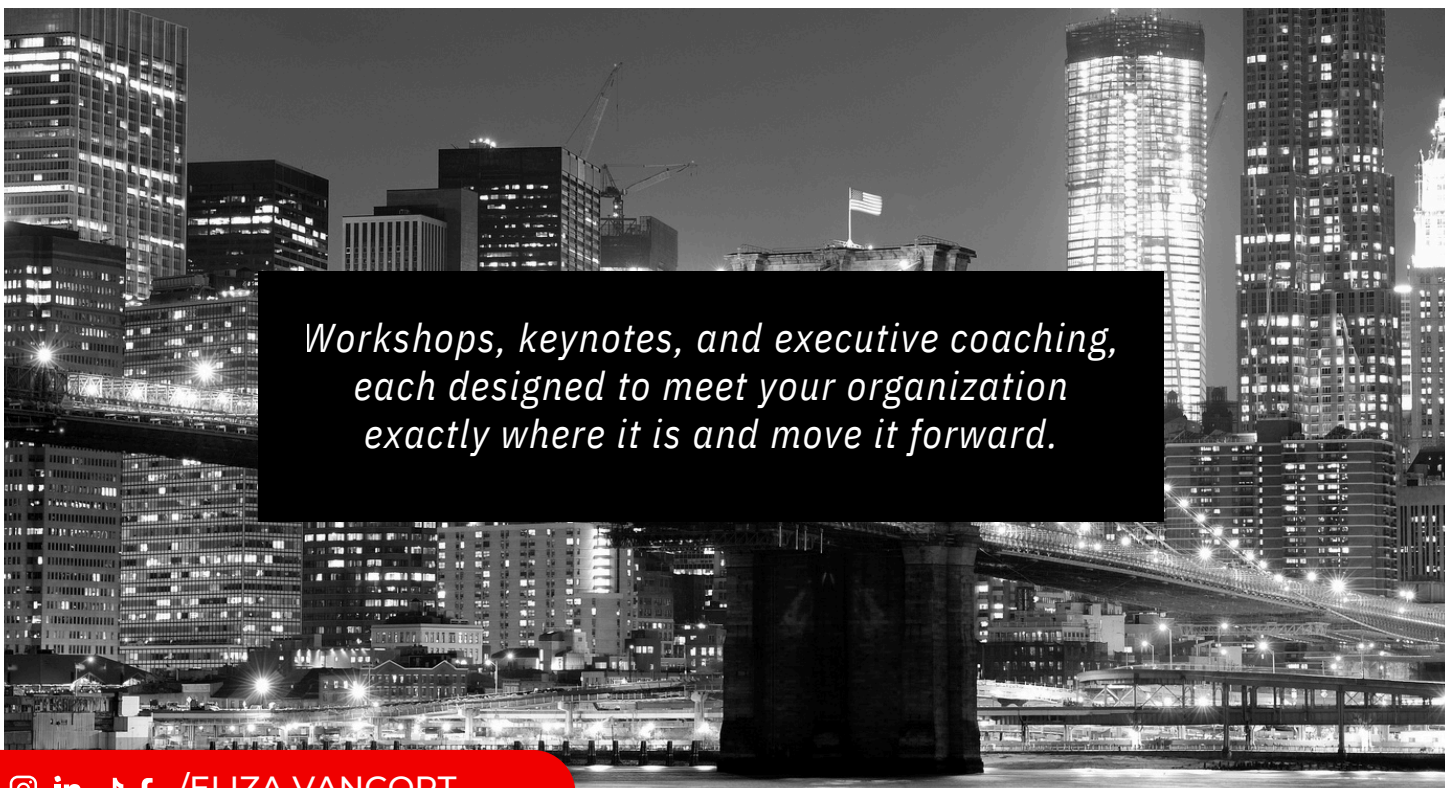
In an era of AI, human mastery is the ultimate competitive edge. In a single residency with one Fortune 5 company (NDA protected), Eliza reached nearly 500 participants across four countries.

Her workshops change behavior, her keynotes shift mindsets, and her coaching reshapes careers, all powered by the same named frameworks Fortune 500 leaders rely on and scalable from one leader to an entire cohort.



Her physical and vocal tools target each participant's specific patterns while surfacing the authentic strengths that set them apart. Every session is built in real time because no two people show up the same way, and that precision is what makes it stick.

She identifies vocal, physical, and behavioral patterns instantly and adjusts coaching on the spot, producing leaders who hold authority in any room and deliver measurable results. These are not soft skills. They drive hard outcomes.



*Workshops, keynotes, and executive coaching,
each designed to meet your organization
exactly where it is and move it forward.*

TESTIMONIALS

“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
Former Deputy Provost
CORNELL UNIVERSITY

“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
Director of Asia Pacific ED of Services
LENOVO

“Eliza’s workshop is unlike anything I’ve ever seen. She had an uncanny ability to see participants, connect with them, and almost instantly offer customized transformative tools in real time. Her work profoundly benefited individual careers, our department, and even created unexpected group bonding. She is one of a kind.”

Gloria Pumpuni-Lenss PhD
Sr Director, Operations Programs
UL RESEARCH INSTITUTES

“If you are even thinking of hiring Eliza, you should have booked her yesterday! The advice she gave in her presentation was absolutely transformative, she was incredibly authentic, and already staff have asked if she can come back to speak again. The Hype is real. She will change your life.”

Desarae Damchen
Director
STATE OF OREGON, DEPARTMENT OF HUMAN SERVICES

Full list of testimonials furnished upon request

WHAT CLIENTS ARE SAYING

“Eliza VanCort’s keynote presentation was the highlight of our inaugural Security LeadHER conference. Her story is so relatable and engaging and the communication tools she provided were incredibly beneficial. She shared both practical and introspective insights, grounded in research, that can be immediately applied both professionally and personally.

With sharp intelligence, keen wit and humor, Eliza delivers on all levels - inspirational, motivational, educational, and business leadership.”

DR. ELLI REGES
Director of Learning and Development
SECURITY INDUSTRY ASSOCIATION

