



KEYNOTE - Onsite or Virtual – Make a Truly Confident Choice for Your Next Event!

Mastering Confidence Science Backed Strategies for Success

Confidence isn't a result—it's a requirement for personal and professional success. It fuels persistence, leadership, and well-being. It enables us to be resilient, focused, fearless, and to feel that we belong.

Genuine confidence unlocks everyone's potential.

Unfortunately, we aren't taught how to be confident. In fact, we've been misled, often lied to. Confidence isn't inherited or vicariously inspired. You don't just get it by working hard or faking it. It's learned, not earned. Sadly, it takes most people 60+ years to figure it out and reach their confident best.

By knowing some basic brain science and social secrets, anyone can have real confidence right now.

Attendee Outcomes:

- **Stay Calm & In Control** – proactively manage confidence-challenging situations and people.
- **Amplify Your Influence & Impact** – authentically convey credibility and inspire trust.
- **Boost Your Energy & Engagement** – reduce the stress of indecision and feeling overwhelmed.
- **Help Others Be Their Best** – know how to better motivate and informally coach other people.

“Confidence is a choice. You have an opportunity to wake up every day and be confident. Put it at the top of your goal list every day. Don't remove it until you have a grip on it.”



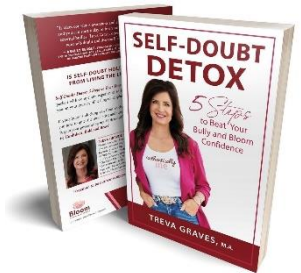
Treva Graves, M.A.
ACI Certified Confidence Coach



Treva Graves, M.A.

[Purchase Treva's Best Selling Book Here!](#)

- Founder & CEO, Bloom Personal Branding
- American Confidence Institute Certified Confidence Coach
- Over a decade of Coaching, Corporate Training and Speaking Experience
- Best Selling Author of "Self Doubt Detox – 5 Steps to Beat Your Bully & Bloom Confidence"
- Executive Contributor for BRAINZ Magazine
- Winner of the 2023 Brainz 500 Global Award
- Founder of Women Rising Leadership Conference
- Bachelor's Degree in Business Management from the University of Sioux Falls
- Master's Degree in Communication Science from the University of South Dakota
- 10 Professional Designations – Personal Branding, Business Etiquette, Speaking & More



Why is this training effective?

- Everything is backed by science, data, and recognized experts.
- Thoughtfully-placed interaction keeps participants engaged while also giving peer perspectives.
- Real-world role plays effectively apply learnings that empower participants immediately and forever.
- Participants appreciate the value in all aspects of work **and** overall life.

"No matter where you live, work or serve, leading with confidence is tough... especially in politics today. Having Treva as my personal brand strategist and coach makes it so much easier! She knows how to build confidence, highlight your uniqueness and equip you with the resources you'll need to level up.."

Mia McLeod, S.C. State Senator

2022 South Carolina Democratic Candidate for Governor

"I am so grateful to have found Treva! Working with her has been a wonderful journey of consistency, accountability and steady progress. If you are looking to gain confidence and/or develop your brand, I would recommend Treva without hesitation.."

Alice Inoue

Hawaii Media Personality & Founder of Happiness U.

"Treva has been an indispensable help to me. Yes, she helped me with strategy and messaging for my business. But deeper than that, helped me develop my own personal brand and have the confidence and clarity to get it out there!"

Kerry Barrett

**Emmy Winning New York City
Fox News Anchor & Reporter**

Treva is a Godsend! I don't know what I would do without her guidance. I have been working with Treva on my personal brand for almost a year now and we have made leaps and bounds in our progress.

Mary Cate Spires

**Digital Brand Expert and
Newsweek Contributor**