

Signature Sessions

Aha! moments. Guaranteed.™

The Courage to Connect: Four Keys to Lead with Resilience & Joy

An uplifting, hope-infused keynote audiences rave about. Brenda Viola reframes happiness as something you create, not chase—unlocking four transformational keys that shift people from pressure to peace, stuckness to clarity, and self-doubt to purpose. A memorable reset for conferences seeking inspiration with depth. *Highlight video available.*

The Empathy Effect: How to Build Loyalty, Trust, & Exceptional Service

A game-changing session for frontline staff and service leaders. Brenda breaks down empathy into the actionable C-A-R-E model, teaching teams how to genuinely connect, defuse tension, and transform everyday interactions into moments of impact. Practical, energizing, and deeply human—this workshop elevates service from transactional to unforgettable.

Settle Your Worth: Launch the Life, Career, and Confidence You Deserve

A standout keynote for conferences focused on personal or professional growth. Brenda helps attendees silence self-doubt, rewrite limiting narratives, and anchor their worth so they stop settling for less. With seven breakthrough steps, compelling stories, and emotional resonance, this session ignites confidence and life-changing clarity.

Three Questions to Clarify Your Purpose, Priorities, and Path

When life feels busy, blurry, or off-course, clarity doesn't always require reinvention. Sometimes asking the right questions can make all the difference. In this transformative keynote, Brenda Viola guides audiences through three simple but profound prompts that realign purpose, unlock possibility, and shift fear into fuel. A compass for anyone ready to live with intention and courage, participants can reclaim direction and ignite what's possible.

Beyond Burnout: How to Protect Your Energy and Reclaim Your Life

A must-book keynote for teams on the brink. Based on Brenda's 2020 book that launched at #1 on Amazon, this highly interactive session helps busy professionals recognize burnout, reclaim energy, and rediscover purpose. With gripping stories, lively video moments, and a practical 10-point self-assessment, attendees walk away empowered, recharged, and ready to serve with renewed heart. *Book signing available.*

How to be Heard Without Screaming!

If your audience struggles to cut through noise—this is their breakthrough. Brenda, a former TV anchor and award-winning communicator, equips attendees with her signature H.E.A.R.D. method to master messaging, navigate tough questions, and land their point with confidence and clarity. High-energy, interactive, and packed with repeatable tools your team will use the very next day. *Book signing available.*

The Case for Culture: Creating a Workplace People Love

Perfect for organizations grappling with disengagement or retention challenges. Brenda shares the P-E-O-P-L-E framework that has shaped nationally ranked workplace cultures, giving leaders tools to create environments where people feel valued, energized, and inspired to contribute their best. A strategic yet heartfelt roadmap to becoming an employer of choice.

Growing Younger: Seven Practices To Help Turn Back Time

In this research-backed, inspiring talk, Brenda reveals the seven simple practices that transformed her life at age 60. Audiences learn how small, science-supported shifts can boost well-being and create a radically healthier, happier next chapter. Authentic, motivating, and perfect for wellness events.

Dealing with Difficult People

This laugh-out-loud, learn-a-lot session equips attendees with Brenda's H-E-A-R-T method to handle bullies, complainers, know-it-alls, and boundary-busters with confidence and grace. A perfect high-engagement breakout that leaves people smiling and significantly more skilled.

Create Your Life, One Thought at a Time

A transformational mindset keynote that blends science, storytelling, and Brenda's C-R-E-A-T-E method to help attendees harness the power of their thoughts. They learn to redirect negativity, elevate emotional wellbeing, and intentionally design the lives they want. Eye-opening, energizing, and actionable.

The Three Pillars of Resilience

Drawn from Brenda's acclaimed podcast, *The Alchemy of Pain*, this moving keynote explores what survivors of extraordinary hardship have in common—and how their lessons can elevate our own resilience. Audiences walk away with three powerful pillars that strengthen grit, meaning, and the ability to rise stronger.

Teamwork Makes the Dream Work

A high-energy, interactive session that helps teams break out of silos, embrace collaboration, and recognize when "doing it myself" is holding them back. Attendees learn practical tools for leveraging strengths, improving communication, and completing work more efficiently—together.

A Call to REST: Setting Boundaries to Preserve Your Energy

Ideal for overwhelmed teams, this session offers a reset on what rest truly means. Brenda teaches attendees how to protect their energy, defuse negativity, and set healthy boundaries so they can show up with clarity and strength. A modern, much-needed skillset for sustainable success.

The Fear Factor: Beating the Bully to Win at Life

A compelling, empowering keynote that exposes fear's disguises and teaches audiences how to take courageous action—even when their knees are shaking. With a four-step framework and moving stories, Brenda helps people push past "never" and "always" thinking to step boldly into what's possible.

Annabelle the Octopus: A Story of Friendship

A charming, unexpected keynote with a powerful leadership message: you don't have to do it all alone. Through the heartwarming story of Annabelle the Octopus, audiences rediscover the courage to ask for help, collaborate, and pursue long-held dreams. Playful, poignant, and unforgettable for intergenerational or wellness-focused events.
Book signing available.

