



# VERA MILAN GERVAIS

TEDx Speaker | Speaker & Facilitator  
Award-winning Businesswoman | Best-selling Author

”  
*Closing the Gap Between Capable and Confident*”

STARTING POINT  
**SELF-DOUBT**



THE SHIFT  
**SELF-TRUST**



THE OUTCOME  
**CONFIDENCE**

Many accomplished professionals are capable leaders who don't yet see themselves that way.

Vera gives audiences a practical framework for replacing the language of self-doubt with the language of confidence.

She shows how language shapes identity, identity shapes belief, and aligned choices create confidence.

## CREDENTIALS

### EXPERIENCE

- 30+ years building five businesses
- Strategic, publishing, marketing, and advertising leadership

### RECOGNITION

- YWCA Woman of Distinction
- BE EPIC Award for Authenticity
- Woman of Influence nominee

## IDEAL AUDIENCES

- Women's leadership conferences
- Professional industry associations
- Corporate women's ERGs
- Leadership development programs
- Canada, USA, select international

### PAST EVENTS

- BPW
- Team Building
- IWD
- Multicultural

## SIGNATURE FRAMEWORK

### WORDZ WE WEAR®

*Language & self-talk shape identity*



### BE·BELIEVE·BECOME

*Identity shifts belief and builds trust*



### ALIGN

*Aligned choices build confident leadership*



**CONFIDENCE · LEADERSHIP**

## The WORDZ We Wear

How to show up with confidence and create your best life

*Available bonus for attendees.*



”  
*Grounded insight with story-driven learning and proven frameworks*”

## SIGNATURE TALKS & WORKSHOPS

Keynote (30–45 min) | Breakout / Lunch & Learn (60–90 min)  
Half-Day Workshop | In Person or Virtual

### LEADERSHIP WITHIN

*It's a Skill, Not a Title*

Audience outcomes:

- Reframe innate skills as leadership assets
- Communicate leadership value in advancement opportunities
- Step forward with confidence and clarity

### CONFIDENCE

*It Starts with "I Am!"*

Audience outcomes:

- Break the external-validation confidence loop
- Identify and release limiting self-labels using WORDZ We Wear
- Build self-trust through the Be. Believe. Become. model

### MEANINGFUL SUCCESS

*It's About Alignment*

Audience outcomes:

- Challenge traditional success narratives that drive burnout
- Identify natural alignment between strengths and goals
- Create an actionable plan for meaningful success

### WHAT PLANNERS SAY

- *"met the needs and goals ...was engaging, interactive, and encouraged meaningful participation."*  
– Me Day Planning Committee
- *"Thought-provoking and engaging... Not always easy to be relatable to such a varied group, but your workshop succeeded."*  
– K Rayworth, Joint Planning Session, NB Theatre Organizations

### WHAT AUDIENCES SAY

- *"I feel more valuable than ever. I matter."*  
– Marlene
- *"Amazing speaker. Very engaging and connects with the audience."*  
– ECE participant
- *"The ALIGN tool will definitely be helpful in my day-to-day life both at work and at home."*  
– Becky

LET'S TALK ABOUT YOUR EVENT & YOUR GOALS

416-418-8020

[vera@veragervais.com](mailto:vera@veragervais.com)

[www.veragervais.com](http://www.veragervais.com)

Moncton NB, Canada

In person and virtually

Booking lead time: 3–6 months