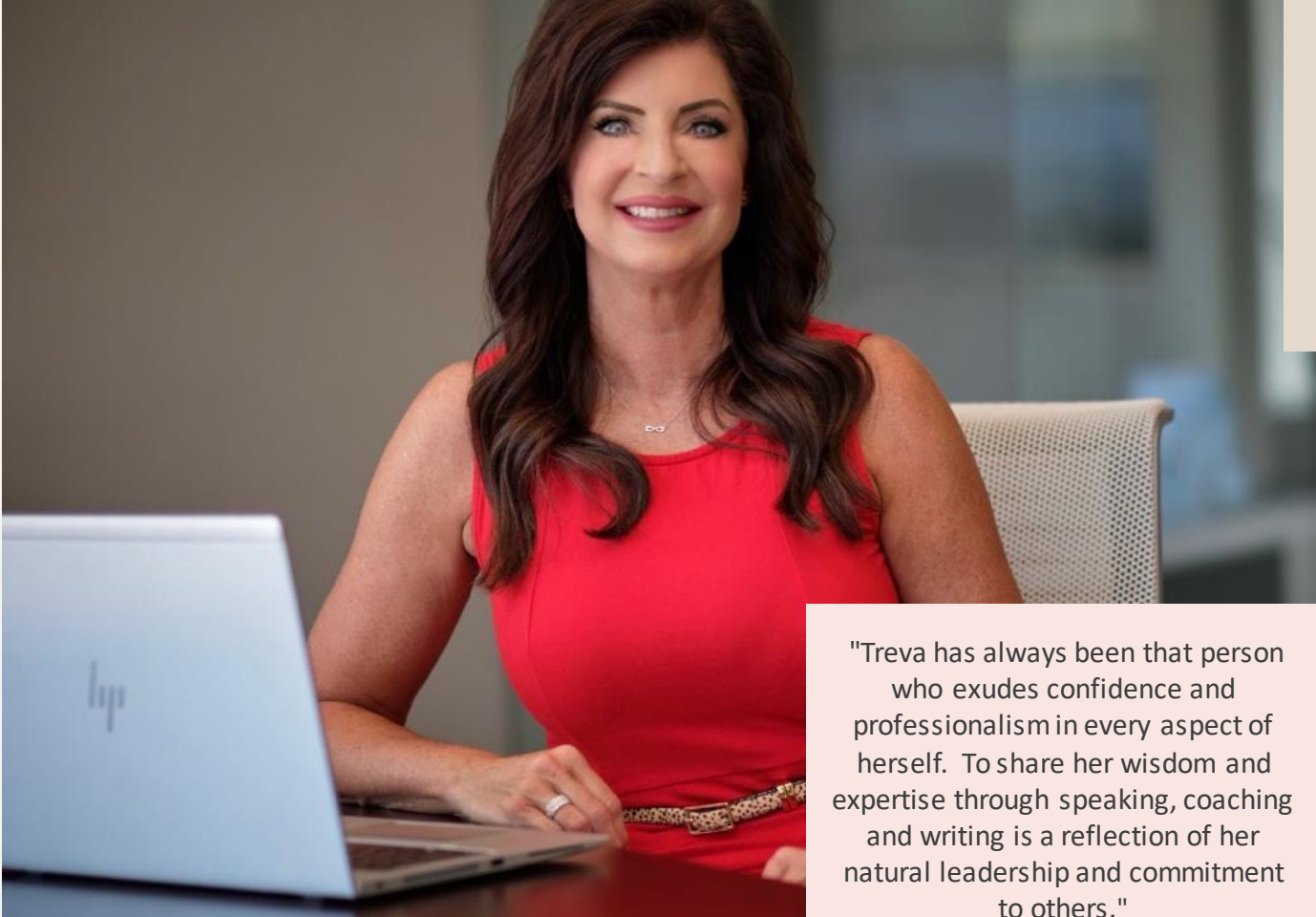




# Treva Graves

SPEAKER, AUTHOR & ENTREPRENEUR



"Treva has always been that person who exudes confidence and professionalism in every aspect of herself. To share her wisdom and expertise through speaking, coaching and writing is a reflection of her natural leadership and commitment to others."

Laurie Knutson  
The Interim CEO

## Treva Graves, M.A.

SPEAKER, INFLUENCER  
& CEO OF BLOOM PERSONAL BRANDING

Treva Graves, M.A. CCC-SLP is the best-selling author of *Self-Doubt Detox – 5 Steps to Beat Your Bully* and *Bloom Confidence*. A recognized expert in personal branding & executive impressions, Treva is best known as a confidence crusader. Her insights have been featured on CBS, FOX, [dr.laura.com](http://dr.laura.com), [thriveglobal.com](http://thriveglobal.com), Women's Inc., SHE, Biz Now and is currently an Executive Contributor for Brainz Magazine, a global digital magazine that invites influential entrepreneurs, coaches and business experts to share their knowledge with the world.

As a global brand strategist, she has worked with hundreds of organizations and clients ranging from 7 figure and startup entrepreneurs, New York Times bestselling authors, speakers, coaches, politicians, leaders, and business and sales professionals across a range of sectors to build influence, impact, credibility and income. Treva works with you to provide a focused portrait of your professional reputation – one that will be invaluable for your success. She has a passion for speaking, personal branding and working with clients to leverage quick wins with the long game in mind.

IN ACTION

# Speaker Demo Reel



Want to get a feel for my speaking style?

<https://youtu.be/vTerXXNWLg4>



# Self-Doubt Detox

Stop the Bully and Start Believin'

*A Inspirational Keynote for Everyone...*

## Program Bio

Bullies are everywhere and come in all forms, shapes and sizes. They can be people, problems or even addictions. Maybe it's the imposter that sits in your brain telling you that you will fail. They are masters at sucking away your confidence and prevents you from reaching your true potential. In order to detox self-doubt, you will discover how your "bully" is influencing your self-confidence. Treva will inspire you to act and find motivation to work towards a healthy mindset by owning your power. You will reclaim your voice and find your value and self-worth by taking the brave first step to believe in yourself and bloom authentic confidence every day.

## TAKEAWAYS

### Leaving this presentation your audience will:

- Learn about types of "bullies" that prevent you from having self-confidence and how they negatively affect your mindset.
- Detox self-doubt and let go of fear to live the life you want.
- Know Treva's five #1 branded steps to beat your bullies and use them every day.
- Learn how to let your strengths and goals guide you by learning actionable frameworks to help you see what is holding you back.
- Own your power forever, believe in yourself and affirm your value.
- Incorporate Treva's 5 Minute Confidence strategy to start and end your day with a positive mindset.

# Personal Branding for Leadership

## Trends You Need to Know Now

### *Excellent keynote for Leadership Conferences*

#### Program Bio

Are you in a commoditized industry? Do you constantly have to explain why and how your products and services are different from your competitors? Do you need more credibility in the marketplace? Are you in a reputation-dependent business? In addition to making more money, do you want to make more impact?

If you answered yes to any of these questions, this keynote is for you. We are in transition from a corporate-dominated marketplace to a content, reputation, and influence-driven business environment. People no longer just want to buy from you, they want to know you. They want to learn from you. They need to like you and trust you before they meet you.

In fact, 74% of Americans say they are more likely to trust you if you have an established personal brand and 58% of Americans say they are more likely to spend “more” money with you if you have an established personal brand that they know, like and follow. And these numbers are only going to get bigger. Transacting business today is no longer just about what you do, it’s about who you are.

In this inspiring, thought-provoking, and “what to do next” session, Treva Graves will share simple and straightforward strategies that your audience can use to immediately start growing their influence and building their personal brand.

This is your crash course in learning how to become known in your targeted space.

#### TAKEAWAYS

- Leaving this Presentation, You Can Expect to Learn:
- The #1 secret to building a bestselling personal brand
- Learn current trends in personal branding today to be competitive
- Learn the key steps to write your personal brand statement
- Know what really matters to consumers when deciding whom to hire, and how they make their decisions when buying a service, product or idea. Will they follow, like, buy or trust you?
- How to build a self-propelling online and offline personal brand infrastructure

# Mastering Confidence

## Science Backed Strategies for Success

*A thought-provoking keynote that will surprise you!*

### TAKEAWAYS

#### Leaving this presentation your audience will:

- Understand the science behind confidence and its impact on personal growth.
- Identify common misconceptions about confidence and overcome them.
- Stay calm & in control by proactively managing confidence challenging situations.
- Amplify your influence and impact by authentically conveying credibility & trust.
- Learn how to project confidence through body language, vocal tone, and speech.
- Boost your energy & engagement by reducing stress of indecision and overwhelm.
- Gain insights into the role of mindset, resilience, and coach other people!

### Program Bio

Treva will cover a wide range of topics related to understanding brain science and social secrets to have authentic confidence right now! You will learn ways to overcome fear, failure and rejection including imposter syndrome, with life-changing results. Through hands-on activities and engaging discussions, Treva takes you through an evidence-based presentation to gain a comprehensive understanding of the factors that contribute to genuine confidence. And better yet, you will have fun doing it!

By the end of this presentation, you will know how to make meta confident decisions and feel good about it!

This keynote is ideal for HR professionals, CEO's, business and sales executives and entrepreneurs, who are seeking career advancement, starting a business, or looking to improve their own self-assurance. Treva offers valuable insights and practical tools that can benefit everyone.

# Treva's Workshop Offerings

Treva is a certified Personal Brand Strategist, Business Etiquette Trainer, ACI Confidence Coach, and as a Speaker and Workshop Facilitator.

Please inquire for pricing and more information.

The Etiquette Edge for  
Business Success

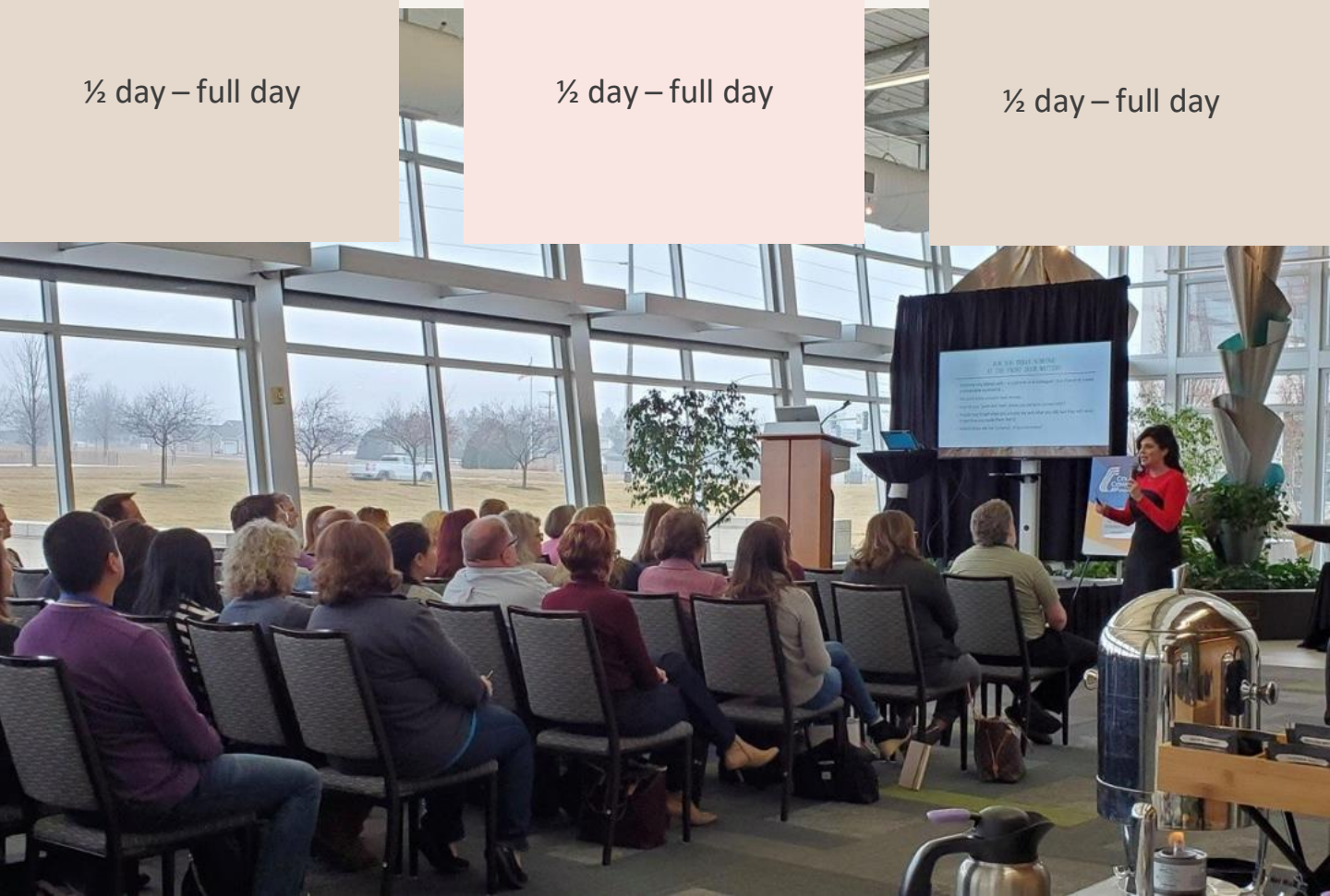
½ day – full day

Mastering Confidence  
– Science Backed  
Strategies for Success

½ day – full day

Personal Branding  
Essentials: How to  
Define, Communicate  
and Grow your Brand

½ day – full day





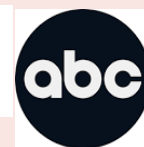
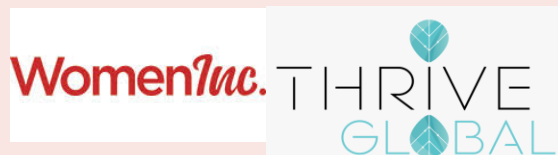
## In the Media

Treva has made appearances on CBS, Fox, and local affiliates for ABC and NBC. Her insights have been featured on [dr.laura.com](http://dr.laura.com), [thriveglobal.com](http://thriveglobal.com), [professorhouse.com](http://professorhouse.com), [wellness.com](http://wellness.com) is an executive contributor for Brainz Magazine. She has been featured in numerous magazines and publications including BizNow, SHE, Women's Inc., Valient CEO and The Argus Leader. Treva has appeared on numerous podcasts and on television as a spokesperson and commercial actress for organizations and companies since 1991.

“

"The success you have in life is a direct result of your belief system."

Treva Graves  
BizNow Magazine





Treva's book is a BEST SELLER!  
AVAILABLE on Amazon!



## Self-Doubt Detox

### 5 Steps to Beat Your Bully and Bloom Confidence

This book details Treva's personal story of how she overcame her "confidence bullies" and developed her #1 branded 5-step methodology "Bloom Your Confidence." You will be inspired to develop intention, own your power and believe in yourself every day.

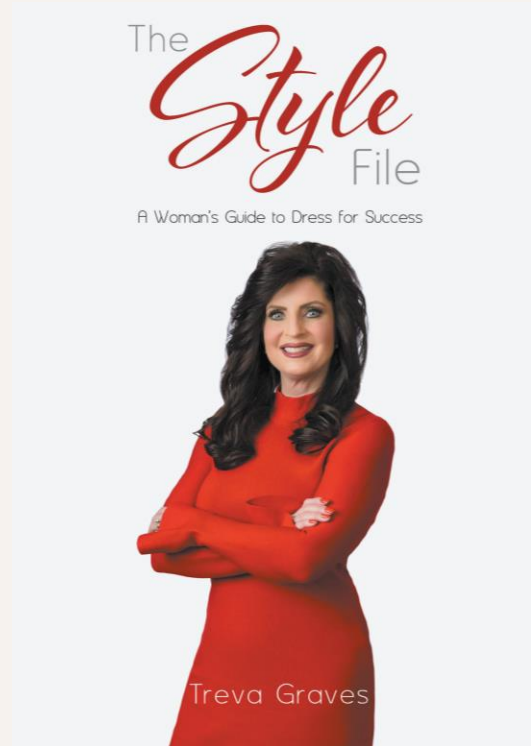
"Self-Doubt may silence your spirit, but don't settle for giving it the last word."

Available on Amazon & Barnes & Noble

# The Style File

A Woman's Guide to Dress for Success

Treva's book guides you how to clean up your closet, develop a capsule wardrobe, teach you the psychology of color and includes her 30-Day Style Challenge. The book is filled with tips and strategies on how to dress for your body shape, build confidence, set goals and approach life with a positive attitude. Gain inspiration through pictures and stories sprinkled with humor to motivate and inspire you to improve your image and present yourself authentically to the world.



Available at [bloompersonalbranding.com](http://bloompersonalbranding.com)

# Get Noticed!

A 30 Day Plan to Bloom Your Brand

This e-book will guide you through a 30-day process of building your personal brand while at the same time boosting your reputation to be visible, credible and trustworthy. You will work on 3 key attributes needed to create and build your authentic brand. In 30 days, you will have a tailor-made personal branding strategy and the skills required to execute it with maximum success. You and your impression will truly become memorable.

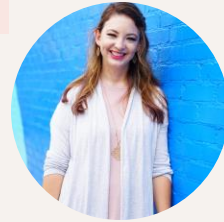


## TESTIMONIALS



“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 Reporter –  
FOX NEWS



“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**  
Newsweek Contributor &  
Digital Marketing Expert



“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**  
Founder – Happiness U



“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**  
South Carolina State Senator &  
2022 Democratic Candidate for Governor



Treva has guided me through many iterations of my being, and has been my biggest supporter along the way. Treva is masterful at uncovering what makes every person unique, and giving you the tools to become your best self. With her wise and caring guidance, I feel equipped to become the creative, confident woman I am meant to be!

**Anngellica-Marie Eshesimua**  
Founder & CEO of Omekwa



Thanks to Treva, I went from feeling invisible to feeling invincible in just a few weeks. My confidence is soaring high! Thank you Treva!

**Denise Rankwiler**  
Life Coach & Founder of Inspiratours

THE "PITBULL OF PERSONAL DEVELOPMENT" SAID

"Discard your uniqueness and learn to explain it in the service of others"

-Larry Wigot



“

“Your personal brand is your trademark. Are you living it consistently?”

Treva Graves, M.A.CCC-SLP  
Founder & CEO  
Bloom Personal Branding





# Book Me to Speak

To book Treva for your next event please contact:

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