

# 2026 SERVICE CATALOG



## CHRISSY SCIVICQUE

PMP, PCM, CCMP | Author, Speaker & Trainer

**Unique Learning Experiences**

PAST CLIENTS INCLUDE...

**CapitalOne**

 Microsoft

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





# ABOUT CHRISSY SCIVICQUE

Chrissy is an in-demand presenter and corporate trainer known for engaging, entertaining, educating, and empowering audiences of all sizes and backgrounds. She has created and delivered custom on-site and virtual programs for some of the world's most accomplished organizations.



## Author

Bestselling career development writer and online content creator.



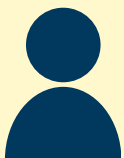
## Career Expert

Proven trusted source in professional development for 15+ years.



## Expert Presenter

Featured speaker at 50+ conferences, corporate events, and virtual events per year.



## Relatable Content

Real-world stories, examples, case studies and scenarios to illustrate key concepts.



## Credentials

As a certified Project Management Professional (PMP), Professional Career Manager (PCM), and Certified Change Management Professional (CCMP), Chrissy brings a unique perspective to the world of professional development.

### INSPIRING



### INFORMATIVE



### INTERACTIVE



### IMPACTFUL



“

Without reservation, I recommend Chrissy Scivicque and Eat Your Career as the gold standard in professional development training.

—Katherine Margard (Client)

”



# SPEAKING & TRAINING

Available for in-person and virtual delivery.



## KEYNOTES

High-impact, high-energy sessions that spark new ways of thinking.

**"Chrissy has a unique ability to inspire, engage and motivate audiences of all ages and backgrounds."**

—ILD Communications (Client)



## WORKSHOPS

Deep, practical and interactive learning experiences that turn vision into results.

**"Chrissy's attention to detail and subject matter expertise are greatly appreciated!"**

—SuAnn S., (Participant)



## CUSTOM PROGRAMS

Strategically designed learning solutions tailored to your goals.

**"It was hands down one of the best training days EVER and the team immediately started putting their learnings to work."**

—Go Daddy (Client)



# KEYNOTES

Full session  
descriptions and  
learning outcomes  
available on  
request

The sessions below represent my most requested programs based on relevance and impact. They serve as a starting point. Each can be adapted, expanded, or combined, and custom topics are always available to align with your specific goals.

## **Reignite Your Professional Passion: How to Fuel the Fire without Burning Out**

Challenge common myths about passion and learn how to intentionally cultivate and sustain motivation at work.

## **Elevate & Evolve: Preparing for the Admin Role of the Future**

Shift into an empowered, future-ready mindset that helps you align, adapt, and take advantage of everything the new workplace has to offer.

## **From Resistance to Resilience: Bend but Don't Break During Times of Change**

Manage your own mindset and emotions during transitions and become a steady, trusted presence for others navigating the same unknowns.

## **Mapping Your Career: From Reflection to Direction**

Explore your professional journey thus far, recognize how your experiences have shaped you and create an intentional path forward.

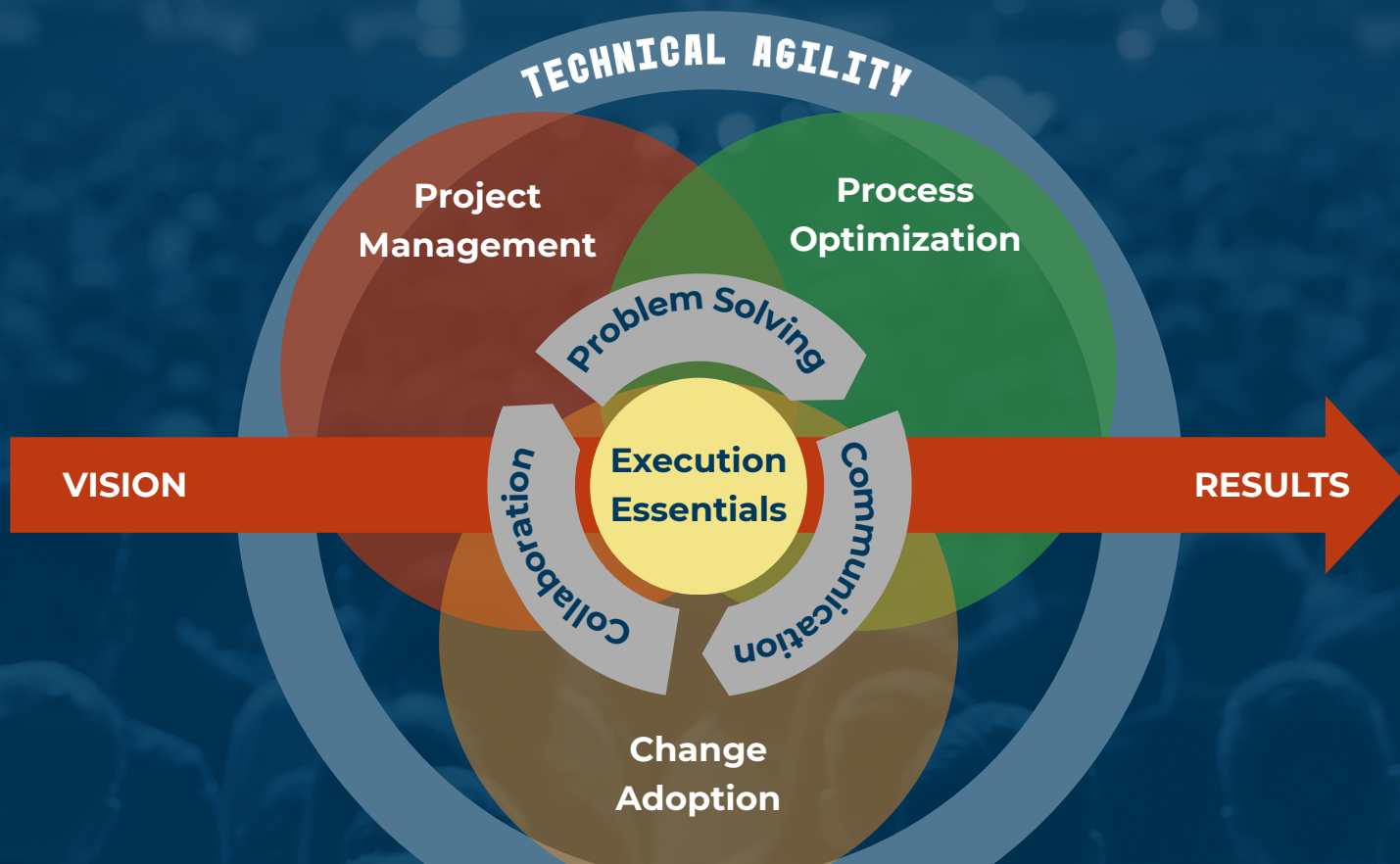
## **Leading Up: How to Partner Strategically with Leaders**

Strengthen your ability to influence and guide leaders to better outcomes and a more productive working relationship.



# WORKSHOPS

Chrissy's expertise is in the practical skills, strategies, and systems needed to turn vision into results. Participants learn how to get the RIGHT work done in the RIGHT way to achieve the RIGHT outcomes every time.



<b>Project Management</b>	Apply structured planning, coordination, and follow-through to move initiatives from concept to completion.
<b>Process Optimization</b>	Improve workflows and systems to reduce friction, increase efficiency, and support consistent outcomes.
<b>Change Adoption</b>	Help yourself and others understand, adapt to, and sustain change through practical strategies that reduce resistance.
<b>Problem Solving</b>	Use structured thinking and analysis to identify root causes, evaluate options, and implement solutions.
<b>Communication</b>	Strengthen clarity, influence, and alignment through intentional messaging, listening, and professional presence.
<b>Collaboration</b>	Enhance partnership and cross-functional effectiveness by building trusted, productive working relationships.
<b>Technical Agility</b>	Gain the confidence and judgement to apply evolving technologies (including AI) to improve execution efficiency.



# TOPIC AREAS

Full session titles,  
descriptions and  
learning outcomes  
available on  
request

## Project Management

- PM Methodology (Waterfall and Agile)
- Budget Management
- Defining Tasks & Schedules
- Stakeholder Management
- Time Management
- Results Without Direct Authority
- Leveraging PM Technology & Artificial Intelligence

## Process Optimization

- Defining & Mapping Processes
- Identifying Improvement Opportunities
- Monitoring & Measuring Impact
- Innovation & Thinking Differently
- Integrating Tech & AI
- Documenting Processes
- Implementing Iterative Improvements

## Change Adoption

- Understanding Psychological Responses
- Navigating Resistance
- Communicating Change
- Advocating for Change
- Overcoming Change Fatigue
- Becoming a Change Champion
- Preparing for Change Initiatives
- Supporting Others through Change

## Problem Solving, Communication & Collaboration

- Understanding Leadership Styles
- Understanding Communication Styles
- Leveraging Frameworks
- Building Confidence
- Building Executive Presence
- Managing Expectations
- Business Acumen & Strategic Thinking

## Technical Agility

- AI Fundamentals
- Adapting to New Technology
- Practical AI Application

These topic areas represent the core building blocks of my work. They can be delivered as standalone sessions or combined and expanded to create a cohesive program tailored to your needs.



**Don't see the perfect fit?**

Let's connect to explore options.



# AUDIENCES

## We specialize in working with....

### The people who get things done!

- Support Professionals
- Administrative Assistants
- Executive Assistants
- Emerging Leaders
- Project Managers
- Office Managers
- Coordinators
- Program Managers
- Operations Professionals
- And others responsible for turning strategy into action



***“Chrissy meets participants where they are and helps them make progress in their journey together.”***

TARA DUNCAN, MANAGER OF PROFESSIONAL AND ORGANIZATIONAL DEVELOPMENT  
Arizona Game & Fish Department

# PUBLIC PROGRAMS

## The Learning Lab

A Learning Lab is a full-day live, interactive, virtual workshop offering deep dive learning on advanced professional development topics. All class activities use your real-world work, making the Learning Lab a completely unique learning experience.



[www.EatYourCareer.com/the-learning-lab](http://www.EatYourCareer.com/the-learning-lab)

Learn more!

## The Career Success Library

The Library is an on-demand learning center offering a wide range of professional development resources including webinars, Q&A sessions, digital downloads, and more. It is designed to be accessed any time from anywhere, making it easy and convenient to continue growing at your own pace.



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

Learn more!

“Chrissy knows her subject matter well and communicates it in a very effective manner. I highly recommend The Career Success Library to anyone who is interested in sound professional development. What I have learned since joining has been very valuable and helped me to keep a positive outlook. I can put everything I have learned so far to good use especially in relationship to developing my goals for my career.”

COLLEEN DELCAMP, MEMBER





# THE LEARNING LAB

## One day. Deep focus. Lasting impact.



### 6 Hours In-Depth Training

Goes beyond “surface level” and dives deep into the topic in an organized, informative, and engaging way.



### Comprehensive Participant Workbook

Includes checklists, definitions, illustrations, resource lists, step-by-step instructions and more.



### Structured Implementation Activities

Dedicated time to apply the learning immediately independently or with a group.



### Additional Resources

Templates, checklists and other tools that take your learning to the next level.



### Access to Replay for 1 Year

Re-watch the class videos as many times as you'd like to deepen and reinforce the learning.



### Group Networking & Discussion

Small group interaction is ideal for creating new relationships with like-minded professionals.



### Implementation Guide

Discover simple steps to continue and deepen your learning beyond the live training day.



### Personalized Coaching & Feedback

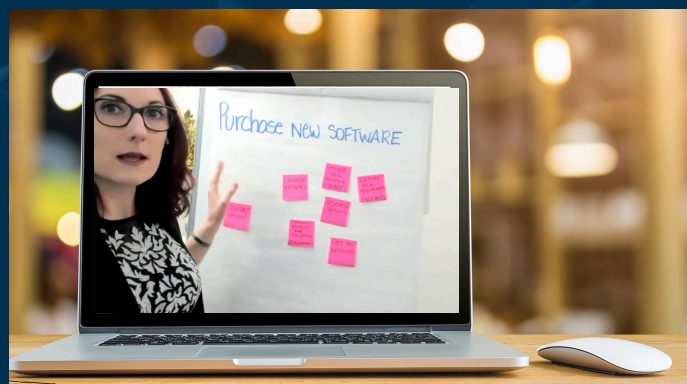
Get direct guidance from Chrissy, ask questions, and request feedback from fellow participants.



### Certificate of Attendance

Can be used to earn continuing education units for your professional certifications.

See current dates and topics at  
[EatYourCareer.com/the-Learning-Lab](http://EatYourCareer.com/the-Learning-Lab)



# THE CAREER SUCCESS LIBRARY

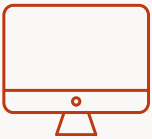
Group rates  
available

**Get Immediate Access to 150+ Resources!**

## Grow at your own pace with ongoing learning.

A convenient, affordable on-demand learning center that gives you an unmatched competitive edge in today's working world.

### 85+ Training Webinars + Worksheets



Enjoy a new virtual training course every month. Plus, get on-demand access to the complete video archives!

### 55+ Q&A | Ask the Career Coach Sessions



Learn strategies to help you overcome your most challenging workplace obstacles.

### 40+ Digital Downloads



Get step-by-step career support and education with interactive workbooks, worksheets, and more.

### Certificates of Attendance



Use your proof of training to earn Continuing Education Units (CEUs) for your professional certifications.

### One-on-One Coaching



Work directly with Chrissy and get personalized support for your career challenges during monthly Office Hours.

### Special Events



Join exclusive members-only training and networking events including the monthly Planning Party.

Learn more:  
[EatYourCareer.com/the-Learning-Lab](https://EatYourCareer.com/the-Learning-Lab)



*Career Success*  
**LIBRARY**



# WHICH IS RIGHT FOR YOU?

Feature	The Career Success Library Membership	Learning Labs	Training & Speaking Services
<b>Description</b>	An on-demand learning center offering a wide range of professional development resources, including webinars, Q&A sessions, digital downloads, and more.	Full-day, interactive, virtual workshops focusing on advanced professional development topics, with implementation activities designed to be applied to real work.	High-energy, high-content presentations and workshops tailored to inform and inspire audiences, available for both onsite and virtual delivery.
<b>Access</b>	Unlimited access to all resources for a monthly or annual fee.	Scheduled sessions on specific dates; participants register for individual labs.	Customized scheduling based on client needs.
<b>Content Delivery</b>	Self-paced, on-demand access to a library of resources plus live members-only events.	Live, interactive virtual sessions with real-time participation. Access to recorded event for one year.	Live presentations, either onsite or virtual, tailored to the client's audience. Recording available for additional fee.
<b>Interactivity</b>	Primarily self-directed learning with optional monthly group discussions and office hours.	High interactivity with personalized coaching, group discussions, and implementation activities.	Customizable level of interactivity based on client requirements.
<b>Customization</b>	Standardized content applicable to a broad audience.	Focused on specific topics; some degree of customization in implementation activities.	Fully customizable content tailored to the specific needs and goals of the client.

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Feature	The Career Success Library Membership	Learning Labs	Training & Speaking Services
<b>Networking Opportunities</b>	Access to members-only special events.	Opportunities for group networking, connection and discussion during sessions.	Depends on event structure; can include networking components if desired.
<b>Certificates</b>	Certificates of Attendance available for training sessions, which can be used to earn Continuing Education Units (CEUs) for professional certifications.	Certificates of Attendance provided for each lab, applicable for CEUs.	Certificates can be provided upon request, depending on the nature of the training.
<b>Depth of Content</b>	Sessions are typically one hour each and provide a high-level overview of information to kickstart thinking on the topic.	Labs are six hours of in-depth, deep-dive material offering comprehensive exploration of the topic.	Fully customized content depth tailored to the needs and objectives of the audience.
<b>Ideal For</b>	Individuals seeking flexible, self-paced learning across various professional development topics.	Professionals looking for in-depth, interactive training on specific subjects with immediate application.	Organizations and teams seeking tailored training solutions to address specific group or company objectives.

**LEARN MORE**

**MyCareerLibrary.com**

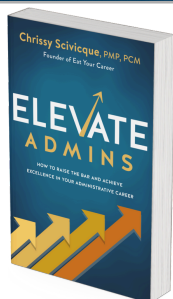
**EatYourCareer.com/the-Learning-Lab**

**EatYourCareer.com/Speaking-and-Training**



# BOOKS & WORKBOOKS

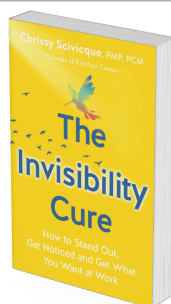
ALL AVAILABLE ON AMAZON & EATYOURCAREER.COM



## **ELEVATE Admins:**

How to Raise the Bar & Achieve Excellence in Your Administrative Career

Discover the tools you need to meet the ever-expanding demands of the admin role and establish yourself as a peak performer in this competitive field.



## **The Invisibility Cure:**

How to Stand Out, Get Noticed & Get What You Want at Work

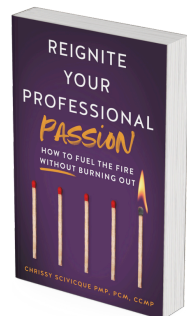
Change how you see yourself as a professional and how others see you by creating the reputation, relationships and results you need to gain visibility and achieve your goals.



## **The Proactive Professional:**

How to Stop Playing Catch Up & Start Getting Ahead at Work (and in Life!)

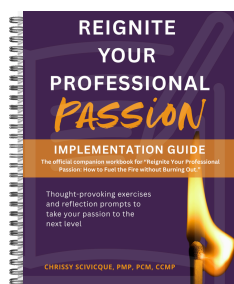
Go from two steps behind to two steps ahead! Discover the missing pieces of the proactivity puzzle and learn a step-by-step actionable framework for becoming proactive.



## **Reignite Your Professional Passion:**

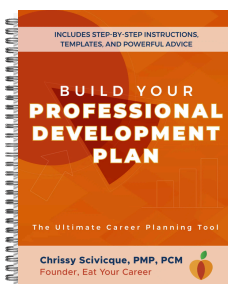
How to Fuel the Fire without Burning Out

Get a fresh perspective on what it really means to be passionate at work. Learn how to cultivate passion one step at a time through intentional, strategic choices.



## **Reignite Your Professional Passion: Implementation Guide**

The official companion workbook to help bring the book to life. Personalize your journey through structured exercises and meaningful reflection.



## **Build Your Professional Development Plan Workbook:** The Ultimate Career Planning Tool

A step-by-step guide to help you create and implement an effective, personalized professional development plan (or career plan).