

Brendan Vigorito

Brendan Vigorito has been providing corporate training and workshops for diverse audiences. Brendan has managed businesses and has developed programs to improve services and efficiencies of organizations. He has served as Director of Education and Community Relations with a non-profit agency working on a national level with governmental agencies, financial institutions and corporations. He serves as a treasurer of a non-profit educational organization providing a philosophy of education impacting lives around the globe. He has counseled individuals and families on overall wellness including the areas of financial and physical health. He has led teams providing disaster relief on a domestic and international level.

Brendan has provided trainings on numerous topics including the areas of financial wellness, employee wellness, corporate wellness and communication. The financial topics include workshops on credit reports, budgeting, first time homebuyers, building savings, tax tips and identity theft. Topics in the area of employee wellness have related to strength training, getting a better night's sleep, emergency and disaster preparedness, living with diabetes, creating green tips for your home, goal setting and remaining strong and resilient. The training experience with corporate wellness includes reducing stress for managers, creating a positive work environment, motivating and energizing employees, providing superior customer service, improving communications skills for the workplace and dealing with difficult people. Brendan has been providing trainings and workshops since 1999.

Brendan has a bachelor's degree from Stonehill College in Business Administration. He has served as an intermediary for the Virginia Individual Development Accounts program, assisting Virginia residents with financing a secondary education, starting a business and purchasing their first home. He is a certified Virginia Housing and Development Authority trainer and presenter. Brendan has his certification from ACTION as a certified personal trainer. He also holds a license in life and health insurance.