



# DEBRA ECKERLING

**Top Goal-Setting Expert,  
Award-Winning Author & Speaker**

Debra Eckerling is the author of *Your Goal Guide: A Roadmap for Setting, Planning, and Achieving Your Goals* (2021 Silver IPPY, Self-Help) and founder of the D\*E\*B METHOD®. DEB stands for Determine Your Mission, Explore Your Options, Brainstorm Your Path. She works with individuals and businesses to set goals and manage their projects through one-on-one coaching, workshops, and online support. Debra is also the founder of Write On Online; host of the #GoalChat Twitter chat, #GoalChatLive show, and The DEB Show podcast, and Vice President of the Women's National Book Association - Los Angeles Chapter.

## TALKING POINTS

The D\*E\*B Method and how it helps people locate and reach #GoalTopia

Embracing work-life balance, as an entrepreneur, executive, and employee

How to embrace opportunities when change happens

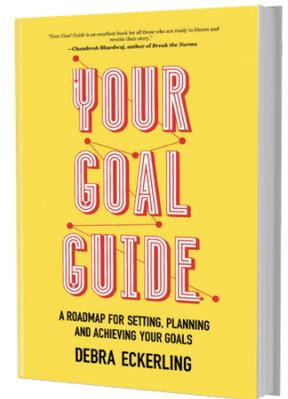
Why this is the perfect time for people to start anew

What someone can do right now to figure out their passion project

The role of networking in the goal-attainment process

Why goals fail and how to set yourself up for success

Tips to stay productive and motivated, especially in challenging times



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