



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.

SPEAKING TOPICS: WORKSHOPS, SESSIONS, KEYNOTES, PANELS

Goal-Setting Simplified Using The D*E*B Method

Finding Work-Life Balance

How to Reboot Your Goals When Change Happens

Finding #GoalTopia: Vision Board Virtual Scavenger Hunt

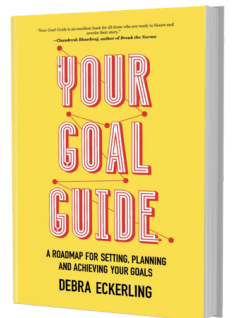
How to Set and Achieve Your Networking Goals

Productivity 101: Finding Time for Your Passion Project, Side Hustle, or Job Search

How to Stay Productive and Motivated During Challenging Times

Setting Social Media Goals: LinkedIn, Facebook, Twitter (Platform-Specific or a Combination)

Other Topics include Writing and the Business of Being a Writer, Blogging & Journaling



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