



DEBRA ECKERLING

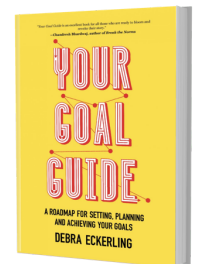
Top Goal-Setting Expert, Award-Winning Author & Speaker

Debra Eckerling is the author of *Your Goal Guide: A Roadmap for Setting, Planning, and Achieving Your Goals* (2021 Silver IPPY Award, Self-Help) and creator of the D*E*B METHOD®, which is her system for Goal-Setting Simplified. DEB stands for Determine Your Mission, Explore Your Options, Brainstorm Your Path.

A corporate consultant and workshop leader, Debra serves as an advocate for executives, entrepreneurs, and teams. She helps directors and managers keep their employees engaged and productive by supporting their personal and professional goals. Debra is the host of the #GoalChat Twitter chat, #GoalChatLive show, and The DEB Show podcast, as well as founder of the Write On Online community for writers, creatives, and entrepreneurs.

TALKING POINTS

- Goal-setting simplified using The D*E*B Method
- How to keep your virtual employees engaged and productive
- Tips for wellbeing in the workplace
- Embracing work-life balance, as entrepreneurs, executives, and employees
- How to embrace opportunities when change happens
- 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



CONTACT DEBRA

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