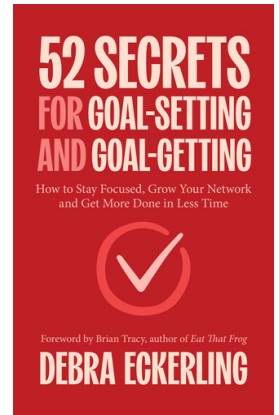




DEBRA ECKERLING

**Goal Strategist, Workshop Leader,
Author & Podcaster**

Debra Eckerling is an award-winning author and podcaster on a mission to change goal-culture in and out of the workplace. She is the author of **52 Secrets for Goal-Setting and Goal-Getting** and **Your Goal Guide: A Roadmap for Setting, Planning, and Achieving Your Goals**. The creator of the D*E*B METHOD® for Goal-Setting Simplified, Debra works with individuals and teams on personal and professional projects, networking strategy, and book proposal development. She has spoken on stages for TEDx, Innovation Women, Lioness, Wellcoaches, Engaging Virtual Meetings, DWEN, Agorapulse, the LACBA Lawyer Well-Being Project, and more. Debra hosts the GoalChat and the Taste Buds with Deb podcasts.



TALKING POINTS

Why “Goal” is not Just a 4-Letter Word

The Art & Craft of Networking

Cooking for Productivity

How to Get a Personal or Professional Win By the End of the Month, Quarter, Year

How to Write a Winning Book Proposal ... without the Stress

The Magic of Your Motto

5 Goals for ...

- Starting a Podcast, Writing a Book, Pursuing a Passion Project, Starting a Side Hustle, Getting the Most Value from an Event, Being More Productive, Setting Goals



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TheDEBMethod.com Deb@TheDEBMethod.com [LinkedIn.com/in/Coastbunny](https://www.linkedin.com/in/Coastbunny) [@TheDEBMethod](https://www.instagram.com/TheDEBMethod)