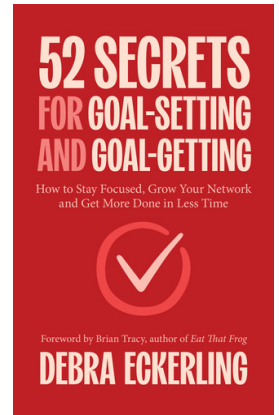




DEBRA ECKERLING

**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.



PRESENTATIONS

For [52 Secrets for Goal-Setting and Goal-Getting](#), Deb interviewed achievers in the Biz, Tech, Food, Entertainment, and Creative realms. The result: a menu of inspiration and advice designed to help busy professionals create the life they deserve and desire. Here are some of the topics Debra can speak on as a presentation, workshop, or "in conversation."

- **Goal Setting Simplified.** Debra's signature talk guides people through The D*E*B Method: DEB stands for Determine Your Mission, Explore Your Options, Brainstorm Your Path. The audience will discover how to create a targeted visualization, write their current and future bio, craft a mission statement, set personal and professional goals, and, perhaps most importantly, set themselves up for success without the stress
- **The Art & Craft of Networking.** You can't reach your goals on your own. You need your community of advocates, partners, and friends. *52 Secrets* came together in big part due to networking. The achievers in the book are 1st degree connections: friends, intros from friends, and people Debra previously interviewed. Learn how to harness the power of your network in an organic, non-salesy way and - bonus! - makes some new connections
- **How to Write a Winning Book Proposal ... Without the Stress.** Many people have a book they want to write, whether it's a professional or personal journey, a methodology, or a combo. The first step to getting those ideas focused and organized is to write a book proposal, whether the goal is to e-publish/self-publish, go hybrid or traditional. A value-add for any conference or continuing education session, the audience will discover what a book proposal is and why it's important, along with the different elements, so they are empowered to write a book proposal that stands out and sells.

LEARN MORE

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