



DEBRA ECKERLING

Goal Strategist, Workshop Leader & Award-Winning Author

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® for Goal-Setting Simplified. DEB stands for Determine Your Mission, Explore Your Options, Brainstorm Your Path.

A goals strategist, corporate consultant, and workshop leader, Debra offers personal and professional planning, event strategy, and team-building for executives, entrepreneurs, consultants, and companies. She has spoken on stages for TEDx, VON3, Engaging Virtual Meetings, DWEN, Agorapulse, and more, and is the host of the #GoalChat Twitter chat, #GoalChatLive show, and The DEB Show podcast.



TALKING POINTS

Goal-setting simplified, using The D*E*B Method

Event Outcome Optimization: How to get value from conferences and workshops

The role of networking in the goal-attainment process

Embracing work-life balance, as entrepreneurs, executives, and employees

Employee Retention" How to keep your virtual employees engaged and productive

Tips for well-being in the workplace

How to embrace opportunities when change happens

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

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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