



DEBORAH PORTER

THE ULTIMATE MOM COACH

about Deborah

Championing for Moms, Deborah Porter has been a working mom, work from home mom, stay at home mom and everything in between. Currently, she is a trusted media resource and Certified Life Coach for mothers everywhere. As a former criminal investigator, Deborah understood how having systems in place would help create a more efficient home, so she became the investigator of anything that would make things run smoother in her own home and life. Deborah discovered highly effective strategies that not only allowed her to become more efficient and productive, she also came to understand the importance of self and soul care. She decided that pouring from an empty cup was not going to be her story.

Deborah works with moms globally to help guide them through the process of learning to be gracious with themselves as they navigate their path through motherhood without the need to compare their journey with others. She provides insights and tools to help moms see past the mom in the mirror and recapture the person she wants to truly see and be seen as everyday. Deborah's courses, Home Management Master and Avoiding Mom Guilt and the Supermom Syndrome, have helped mothers bring order to their homes and their inner world, bypassing the need to be all things to all people. She believes, "The woman you were before having children, still matters."

Deborah is the founder of Moms Mentoring Circle. She is a regular contributor to CBS Virginia This Morning, a recurring guest on ABC The Mother Side and guest expert on other media outlets. She is a sought-after, influential voice on parenting, motherhood, self and soul care. Her parent advice column, **Balance Life with Coach Deborah in Washington Parent**, helps parents navigate the chaos, find their balance and not lose themselves in the role of mom. For more information visit www.deborahporter.net. Deborah's complimentary e-book, 7 Habits of a Confident Mom is available [here](#).



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Topics:

Avoiding the Supermom Syndrome

As moms fight for the perfect family, children, image and more, that pressure is robbing them of their peace. The push to be Supermom is unobtainable. Deborah discusses why and what to do instead.

Live Your B.R.A.V.E.

Showing up as your authentic self, faults and all takes bravery. Deborah discusses the 5 elements to living your life courageously.

Raising Self Advocates

When our children explain what happened at school today, often times we rush to the computer to fire off an email to the teacher or school administrators. Deborah suggests, we teach our children the skill of self advocacy and explains how to do it in age appropriate ways.

Riding the W.A.V.E. of Stress

Although stress may be unavoidable, there are ways to use stress as an asset instead of a liability. Let Deborah explain to your group or organization how.

Dealing with Mom Guilt

The one thing all moms have in common, guilt. However, yielding to it can chip away at your confidence as a mom. Learn how to move through the guilt and get to the other side of it whole.

Sample Interview Questions:

1. What's one way Moms know if they are suffering from the Supermom Syndrome?
2. Is there a way to avoid it?
3. How does a mother set healthy boundaries when so much is pulling for her time and attention?
4. Vulnerability for some, is seen as a weakness. What's the reward for choosing to be vulnerable?
5. When dealing with stress, what's one thing that would support the notion that stress can be an asset?

Want Deborah to Speak to Your Event?

Contact Details



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