



DEBORAH PORTER

THE ULTIMATE MOM COACH

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 to moms across the globe.

As a former criminal investigator, Deborah discovered highly effective strategies that helped her become more efficient and productive at work, in her home and personal life. The work/home/life/ balance is delicate but necessary to minimize burnout and can be achieved in the right environment, with the proper support. The goal of decreasing burnout is important because studies show that if we decrease burnout for working parents, they are 20x more likely to stay and 10x more likely to give extra (Parents at the Best Workplaces Study, 2022).

As a Workplace Parent Consultant, Deborah has helped organizations and businesses minimize working parent turnover and burnout by providing these highly sought-after and credentialed workers with “support beyond maternity leave” (something Best Place to Work organizations are doing all over the country). Workshops, webinars and catalogued resources are some of the vehicles Deborah uses to provide parenting support to working parents. Group coaching calls and 1:1 client contacts (through virtual office hours) can also be made available. As the need to support parents spiked during and after the height of the pandemic, many companies have stepped up to offer support for the whole person and family unit and parent coaching has been part of that umbrella of support.

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Sample Topics:

Avoiding the Supermom Syndrome

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

Raising Self Advocates

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

Dealing with Mom Guilt

Managing Mom Rage

**Parenting Support and Resources can be provided for your company.
Contact Deborah Porter, The Ultimate Mom Coach here and find out how**



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