



Deborah Porter

Speaker, Author, Life Coach, **Media Contributor**

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Deborah is the ultimate list maker, system creator and investigator of anything that will make things run smoother at home and in life. As a certified life coach, she coaches mothers and consults with agencies/brands that serve mothers, to bring these home/life balance systems to the overwhelmed mom wherever she is in her motherhood journey.

As a speaker, **Deborah** shares her own experiences as a mother with women around the globe. She encourages women to Step into Their B.R.A.V.E., Ride the W.A.V.E. of Stress and shift from Blurry Boundaries to Clear Intention, to name a few. She presents at conferences, virtual events, to organizations and corporations that desire to better serve the women and mothers who faithfully show up.

Deborah is a regular contributor on CBS Virginia This Morning and ABC The Mother Side.

Topics and Workshops:

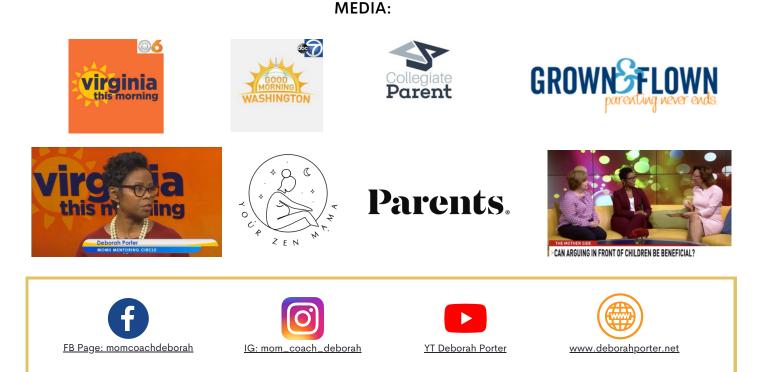
~Avoiding the Supermom Syndrome ~The Word "No" is a Complete Sentence ~Nourishing Your S.E.L.F.

~5 Ways to Use Stress as an Asset

~Home Management Mastery

~How to go from Blurry Boundaries to Clear Intentions ~and more

Visit her website for a free gift, www.deborahporter.net



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