



# Deborah Porter

Speaker, Author, Life Coach,  
Media Contributor

[www.deborahporter.net](http://www.deborahporter.net)

**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
- ~Home Management Mastery
- ~Nourishing Your S.E.L.F.
- ~5 Ways to Use Stress as an Asset
- ~How to go from Blurry Boundaries to Clear Intentions
- ~and more

Visit her website for a free gift, [www.deborahporter.net](http://www.deborahporter.net)

### MEDIA:



Parents.



FB Page: [momcoachdeborah](https://www.facebook.com/momcoachdeborah)



IG: [mom\\_coach\\_deborah](https://www.instagram.com/mom_coach_deborah)



YT [Deborah Porter](https://www.youtube.com/DeborahPorter)



[www.deborahporter.net](http://www.deborahporter.net)

EMAIL: [deborah@deborahporter.net](mailto:deborah@deborahporter.net)