

Deborah Ann Davis is an award-winning author and parenting skills coach, with over three decades of experience in middle and high school education. Founder of The Awesome Mom Tribe and a mother herself, she provides guidance and encouragement for moms to help them foster positive relationships within their families.

Deborah is a sought after speaker who provides online and in-person interactive workshops on a variety of topics, all of which can be tailored to your specific audience.

B.S., M.Ed. in Supervision, W.I.T.S. Personal Trainer.





## TOPICS FOR ALL AUDIENCES

**S.M.A.R.T.E.R. Goals** – If you want to see change, you set goals. If you want to see growth and improvement, you set **S.M.A.R.T. Goals**. If you want to see your goals through to the end, you set **S.M.A.R.T.E.R. Goals**.

**The Big Deal About Learning Styles** – How would you like a tool that optimizes the way you take in and process information, the way you understand the world, the way you teach others what you know, and even the way you conduct relationships? Let's talk about Learning Styles.

**Get Your Happy On!** – Statistically speaking, six out of seven of Disney's dwarfs were not Happy. Learn the top methods the people, who already have their happy on, use to *keep* their happy on.

**The Science Behind Happiness** – If you understand how Happiness works, you can make it part of your life. Instead of just trying to *cheer up*, learn techniques that physically generate your happy hormones... no matter what mood you're in.

**Make Your Health Goals A Reality** – More than 70% of the American workforce suffers from one *or more* chronic illnesses! That's the destiny for 70% of our beautiful children unless their adults get a handle on their health. Make a healthy lifestyle your reality.

**The Best Holiday Season Yet!** – The holiday season typically, if not unnecessarily, tends to be frantic. With a little bit of foresight, and a whole lot of common sense, learn how to sail through the holidays with your sanity intact.

**Take Back Control Of Your Life** – Reframe your perspective on life, including the curves it throws at you. Learn how to choose the way YOU want to thrive.

**The Happiness Challenge** – 14 Tasks. 3 weeks. 1 Goal. Re-examine your approach to life and happiness in less than a month!



# WORKSHOPS AND SPEAKING GIGS CATALOG

With DEBORAH ANN DAVIS



## ACCLAIMED PARENTING SEMINARS AND WORKSHOPS

- Talking To Teens (Even The Snarky Ones)
- Dispelling Mom Myths: Supermom, Appropriate Guilt, Plenty-Of-Time
- 10 Conversation Boosters to Engage Your Turbulent Teen
- Communication Tips for Navigating the Tween/Teen Years
- 4 Unpopular (But Effective) Ways to Reduce the Pressures on Daughters
- From Rebellious to Resilient: Raising Confident Daughters
- Clean & Healthy Living for Busy Moms: Tried and True Tips & Techniques
- Unique Self-Care for the Working Mom
- The Teenage Brain, and What To Do With It
- The Big Deal About Learning Styles
- Kicking Guilt To The Curb
- Empowering Teenage Girls

"Deborah, as a presenter, you are in your element, very professional, and I must say, very inspiring."

- Nadage C.

## WORKSHOPS FOR WRITERS – Presented at CAPA, CORW, APSS, CTRWA, NERWA, Royal Caribbean Cruise Line

- Dazzling Dialogue
- The Audacity Of Indie Publishing
- DIY Author Doohickeys
- Warning: Anything You Say or Do May Appear In My Next Book
- Character Development For Writers
- Wiggle Writers: Movement for a Sedentary Life