

Here are our most popular coaching topics for 1:1 sessions and workshops



COMMUNICATION and PUBLIC SPEAKING*

- Communicate with Confidence
- Be Intentional and Plan for Meetings/Conversations
- Overcommunicate Yet Minimize Extraneous Words
- Build Teams
- Present to Leaders
- Run Effective Meetings
- Be a Skillful Contributor in Meetings
- Navigate 1:1 Meetings
- Manage Difficult Conversations/Personalities
- Engage in Person and by Video
- Lean into Your Shyness and Introversion
- Get Comfortable in Your Non-Native Language
- Give and Get Honest Feedback
- Develop Your Executive Presence
- Claim Your Value While Being a Team Player
- Shape Your Content
- Develop Themes/Stories
- Manage Anxiety/Fear
- Revise Remarks/Slides
- Practice in Recorded and Rehearsal Sessions
- Create Connection with Your Audience
- Establish Pacing, Eye Contact, and Voice Modulation
- Facilitate Humor and Spontaneity
- Win Trust and Command the Room

*COMMUNICATION and PUBLIC SPEAKING: Debbie has given nearly 1,000 talks over the last 25+ years and she shares her wisdom as a coach, inspiring leaders to communicate with confidence. Here's an article she authored in Fast Company on the topic, [10 Smart Tips to Help Beat Your Fear of Public Speaking](#).



RELATIONSHIP BUILDING**

- Unearth Your Contacts
- Be a Strategic Networker
- Know Your Elevator Pitch
- Become a Point Person and Resource
- Extend Yourself Generously
- Activate Your Listening Skills
- Know Your Audience
- Be Patient
- Blur the Professional and the Personal
- Build Meaningful Relationships
- Cultivate Your Community and Network
- Study How to Pitch Clients
- Develop the Art of the Ask
- Make Your Ask a Give

**RELATIONSHIP BUILDING: Debbie is a seasoned business developer, having built a network of more than 10,000 professionals and generated millions in annual revenue for Bliss Lawyers, a company she co-founded and nine years later, co-facilitated its [successful acquisition](#) to its largest competitor, [Axiom](#).



WELL-BEING and ORGANIZATION***

- Learn What's Important
- Maximize Your Natural Rhythms
- Get Active
- Make Healthy Choices
- Set Boundaries and Realistic Expectations
- Find Respite
- Feel Less Overwhelmed and Gain More Control
- Know What Makes You Happy
- Prioritize What Matters
- Take Initiative
- Be Agile
- Use Your Flexibility
- Manage Your Time
- Get Organized
- Create Templates
- Develop Systems
- Gain Efficiencies with Routines
- Work Your Schedule

***WELL-BEING and ORGANIZATION: For more than 25 years, Debbie has written and advised on work/life issues including time management, happiness, organization, prioritization, and maximization of opportunities at work and home. [Click here](#) for numerous articles Debbie has written on these topics and more.