

"Reversing the Slobification of America"™

DEBBIE LUNDBERG
LIFE & BUSINESS COACHING
PO Box 13248 Tampa, FL 33681



"Partnering to develop, inspire, train & coach."



Debbie Lundberg

Debbie Lundberg keeps things exciting and challenging by servicing clients throughout North America! She has trademarked the expression "Reversing the Slobification of America"™, and writes about do-able ways to have effective communication, thriving relationships & professional behaviors in all of her published books.

Debbie was a founding member of VEGAS, a learning group of "women with a passion for Vision, Experience, Growth and Appreciation." Debbie is an active member of the Tampa Chamber of Commerce, where she Chairs the Small Business Programs Committee, and formerly was a Big Sister for Big Brothers and Big Sisters. As a previous Board Member, she remains an engaged alumnus in the local and national University of Michigan Alumni Associations. Additionally, Debbie is both proud of her participation, and thrilled to remain as a Leadership Coach for the MBA Program at the University of Tampa. A huge honor for Debbie was being selected to run with the Olympic Torch for the 2002 Winter Olympics.

Debbie is a member of the National Speakers Association (NSA), and has been a guest life coach on CBS & FOX. Additionally, FOX television featured Debbie for her creation of Exchange-O-Rama, an event for people to periodically gather with their gently used apparel, home goods, etc., and swap them...with the remaining items going to charity. Debbie was a 3-year contributing writer for "Living Organic News", where her monthly column offered readers tips, combined with a fresh perspective. Similarly, she authored a 2-year "advice" column in "Hot Moms and Cute Kids" magazine. While Debbie serves on the Boards for both Animus Solutions and the Tampa Bay Think Tank, she ensures quality time for students as a Faculty Member at the University of Phoenix. Debbie is a Certified Life Coach, who earned her undergraduate degree at the University of Michigan and holds a Master's of Business Administration from Edgewood College. She and her husband have lived and thrived together in Tampa since 2004.

For corporate leaders, owners of all-sized businesses, other proactive team members, and individuals seeking a guide and partner for the identification of a brand and infusion of development, inspiration, training and coaching, Debbie Lundberg brings a wealth of expertise. Debbie has earned a reputation for providing skilled and relevant insight as a coach, consultant, assessor, trainer, keynote speaker, and recognized authority on personal and organization-wide growth.

Meet Debbie Lundberg

"Committed to applied knowledge, growth, fun & ROI."

As a one-time Instructor of the Year for a world-renown training organization, Debbie's 12-year formal affiliation with classroom facilitation was a springboard for the inclusive breadth and depth of her now specialized and collaborative offerings. Known as an "Edutainer", Debbie brings an interactive, informative style that infuses humor with practicality that allows clients and audience members to learn and grow in a rich, lively, inviting environment.

"Debbie's ability to bring important subjects to the front of my mind was nothing short of amazing! The insight I gained into my personal & business lives while enjoying her books and coaching has moved me years ahead personally, mentally, physically, spiritually and financially. Anyone, regardless of where they are on their journey through life, will have some 'new lights' turned on through a partnership with Debbie."

~Michael Lauer, Principal, The Connection Expert

Prior to starting her own firm, Debbie served a world-wide consulting firm as a Vice President, specializing in exceeding the development and planning needs of business advisors and professional organizations with local companies and Fortune 500 organizations.

Earlier in her career, Debbie was a technical trainer for General Motors along with a sales performer, Regional Manager and National Leader.

While with GM, she led courses in sales success, effective interviewing and evaluating, and facilitated Go Fast sessions (version of GE's original Work Out process). While there, she also wrote policies and procedures for training, coaching, managing and mentoring. Debbie prides herself in the fact that to this day, participants continue to report a return on investment as a result of the time spent implementing her proven practices.

Debbie Lundberg, Life & Business Coaching.

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If you are searching for ways to enhance your personal and professional impact while making bottom line improvements in the areas of communication, time ownership, goal attainment, boundaries, leadership, presenting, service and/or sales, working with Debbie Lundberg, and using the tools provided will empower you to exceed even your own expectations.

Areas of Expertise

Speaking Engagements

- Inspiring focus
- Igniting keynotes
- Enabling involvement
- Entertaining with purpose
- Delivering breakout sessions
- Solidifying collaboration
- Customizing a message
- Offering perspective
- Driving innovation

Group & Team Training

- Assessing needs/opportunities
- Evaluating team dynamics/culture
- Creating excitement with alignment
- Conducting employee surveys
- Facilitating

Assessments

- Personality (LUND)
- Love and Affection (LOVE)
- Recognition & Response (CARE)
- Career & Roles (WORK)
- Risk & Reward (RISK)

One-On-One Sessions

- Facilitating focus & timing
- Improving growth & strength areas
- Developing complete business plans
- Articulating personal/business brand
- Creating Bios for team members
- Making over professional careers
- Training in Mind Fitness

Debbie's Published Books Include:
"Have a Nice Day" is Not "Thank You", and "No Problem" is Not "Your Welcome" (2007)
"I Need" is Not "Please", and "Sorry" is Not "Excuse Me" (2008)
"Maybe" Is Not "Yes" or "No", and "I'm Trying" Is Not "I'm Doing" (2008)
Hey, Where's My Bailout?...5 Easy Steps to Regain Control of Your Life in 60 Days (2009, Co-Authored)



Speaking Engagements



Group & Team Training



Assessments



One-On-One Sessions