



Empowering Others

For Deborah Storer, inspiring others has become her life's passion. Having overcome some true hardships and living to tell the tale, she has now set about empowering others in their own personal development. She talks openly with **TANYA BIRD** about this and the free seminars she will be holding in Townsville in coming weeks. Photography by Romy Siegmann.

Tell me a little about yourself, I understand you have been on quite a journey to get where you are today... I used to have low self esteem and would always worry what others thought of me. My most dominant thought was that I was not good enough. This led to feelings of depression and eating disorders. At one point, my weight was so low from suffering from anorexia, I was told I only had six months to live. I survived, however years later I found myself consumed in compulsive eating. I was obsessed with eating, weight, exercise and diets. I was also involved in unhealthy relationships of which I couldn't find the courage to leave. Overall I used to play life safely, settling for second best, going through the motions like it was groundhog day.

How did this affect you? My life was meaningless and I felt worthless. One day I had this curiosity that there was something more to life than what I was presently experiencing. So I asked myself a question: how can I gain that burning desire for life? So I went on the hunt to find out.

I immersed myself in personal development books, seminars and gained a mentor. I finally found the answers, implemented it into my life and my life changed.

Is this what inspired you to start a personal development company? Absolutely, I have a desire to share what has helped me, and the many others I have worked with to get what they want and the possibilities are endless. As Nelson Mandela said: "we are powerful beyond measure."

How do you think you can use your life experiences to help others? I remember when I was looking to create change in my life I didn't want any textbook jargon or someone telling me what to do when they hadn't experienced it themselves. Therefore, I understand the need for people to hear that I am a real person who has been there and knows how to get from A to B.

You have dedicated your life to inspiring and teaching people how to empower themselves to create positive and powerful change, where is it you draw your inspiration from? People. I see so much talent and potential in people yet they are unaware of it. It's like they are walking around in this fog of confusion, feeling lost. So when I see this, it creates this urge within me to help them gain that awareness so they can step out of the fog into clarity and shine again.

I understand you will be holding a series of seminars here, tell me a little about these and what people can expect. I will be offering a series of free two-and-a-half hour seminars that introduce people to who I am and how I can powerfully assist people to gain that burning desire for life. It's an eye-opener, motivational and certainly life-changing. I'm also offering a powerful one-day event on Sunday, October 19 for those who demand the most out of life.

Not only are you a dynamic motivational speaker, but you are also an accomplished author and artist, what message are you trying to deliver through this medium? One word – passion. When you experience my events, see my cartoons, read my books you will feel the passion. This is my purpose, to inspire others to express themselves so they can live with passion.

If you could offer one piece of advice, what would it be? Take charge of your mind – stop believing the rubbish your mind tells you. You are not your mind and you are not your thoughts. Your mind is a powerful tool and if you train it and use it, you can live with passion. CL

Deborah will hold free seminars at the Mercure Inn Townsville on October 14 and 16 from 10am to 12.30pm and 7pm to 9.30pm. For more information visit www.deborahstorer.com.au/seminar or phone 1300 548 348.