

Deborah Storer
INTERNATIONAL



Life Coaching

Information Portfolio

www.deborahstorer.com.au

tel. 1300 548 348 fax. 1300 548 349 a. po box 275 bungalow QLD 4870 e. info@deborahstorer.com.au

ABN 64 075 206 274

Life Coaching

What is Coaching?

If you want the absolute best in personal development, this is it. Coaching is personal, positive and powerful. Why? It is focused entirely on YOU – bringing out the very best in you (the real you) so you can thoroughly enjoy your life.

The coaching process allows you to basically get from A to B with a focus on enjoying the journey. There will be no long conversations about the past, but rather a laser beamed focus toward what you want and how to achieve it. Sure, if we need to deal with the past, we will – especially if it is robbing you of happiness or preventing you from moving forward. However the main focus is to get you moving in the direction you desire – receiving the results you want!

How does it work?

As you'll agree, there is no quick fix or magic potion to creating change. Therefore Deborah does not believe that a once off session is the key to making long-term change.

Realise that life is a journey – one in which you will always be learning and evolving. Therefore coaching is a journey. The question is: Would you like Deborah to be a part of your journey, to support you, guide you and empower you? If so, for how long? What skills would you like to learn? What would you like to achieve?

All these questions need to be answered in order to determine a program to suit you. Therefore an initial consultation is put in place for that – to get real clear on where you are, what you want and the best program that will give you all that you desire, in any or all areas of your life.

Why is it important?

One of the tools Deborah shares with her clients is to immerse your mind in an environment and resources that support who you want to be and what you want to achieve. If it is passion, confidence, success or happiness you seek – your own personal Life Coach is the key to achieving that.

What better way to have someone genuinely interested in you, assisting you in the absolute best possible way to provide you all the tools, training and support to get what you want?

If you are ready to step up with Deborah's powerful one on one sessions, then sit back, relax and trust that this is the answer you have been waiting for.

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STAGES covered in COACHING!

(Note: Depending on your needs and desires – some or all of these stages will be covered.
These will be determined in your consultation)

1. Create Complete Confidence

- Let go of the past
- Uncover your potential
- Create a new mindset
- Abolish negative thinking
- Deal with your emotions in an empowering way
- Implement a relaxation technique
- Speak the truth
- Love and accept yourself
- Explore personal needs
- Communicate effectively
- Deal with fear
- Detoxify body of suppressed emotions

“Deborah has provided me with the tools I needed to take charge of my life and to live my life with passion and purpose, and for that I will be forever grateful.” **Julie McGovern, Mother & Student, Brisbane, QLD**

2. Discover your Ultimate Passion

- Get clear on who you are
- Determine what you are passionate about
- Understand yourself
- Unleash your talents and gifts
- Embrace your purpose in life
- Gain clarity on how you want to live your life
- Create more enthusiasm in your everyday life
- Learn to trust
- Find that ‘in the flow’ state
- Gain self awareness
- Turn confusion into clarity



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3. Achieve Extraordinary Success

- Get clear on your direction in life
- Create a compelling vision that motivates you
- Implement your vision at a subconscious level
- Fine tune your focus & methods to stay on track
- Map out a powerful plan of action
- Deal with the unexpected
- Learn 'peak state' to achieve high productivity
- Create a balanced lifestyle
- Abolish negative beliefs & Install a success mindset
- Goal setting that works – that gets results

"I can say that now, I can see through the fog now, I can stand up for myself and take responsibility for my thoughts and actions. For the first time in my life, it feels ok to be me. What an amazing journey."

**Mary-anne Wardle, Mother,
Holloways Beach, QLD**



4. Experience Absolute Happiness

- Calm your mind
- Trust your decisions
- Learn to be present
- Gain inspiration
- Align mindset with desired vision
- Turn comparison into acceptance
- Listen to your intuition
- Fulfil personal needs
- Change perceptions

"Deborah allowed me to see that I am worth the best life has to offer. I am now more assertive and feel excited about life. I highly recommend Deborah – she has made a difference in my life"

**Kelcey Hala, Optometrist & Mother,
Freshwater, QLD**

5. Free Yourself from Food & Weight Obsession

- Abolish negative eating habits
- Create a new way to look at food and your body
- Love and accept your body
- Listen and trust your body
- Turn compulsive thinking into calmness
- Gain freedom to eat and live



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3 STEPS to the COACHING PROCESS

1. Half-Hour Consultation. You will be booked into a half-hour session with Deborah where her main focus will be to understand you. These are some of the things she'll be looking for initially:

- Is coaching suitable for you?
- Can we work together?
- What is your level of commitment?
- Where can I best support you?
- What do you want to achieve?
- What is the best possible way to do this?
- Plus loads more....

The interactions with Deborah, for me, are like fuel for the beautiful flame of life: Sometimes on our own, our little candles struggle to burn through the wind – but Deborah's guidance turns a struggling flame into POWERFUL FIRE that has the capability to light up the world."
**Margaret McCarthy, Mother & Teacher,
Holloways Beach, QLD**

Therefore Deborah will weed out all the necessary information through a series of in depth questions in order to capture what you need and desire. Then once she has gained the necessary information from you, she will then present to you a suitable coaching package that will meet your needs. This package will be explained to you, along with an outline of how you can gain the highest value from it, then once approved; a commitment can be made to the coaching process.

2. Decision. Once clarity has been gained on a suitable program – it is then up to you to make a commitment to the coaching process. Once the decision is made, Deborah will lead you through the next steps to best prepare you for your very first powerful coaching session: The beginning of a new journey!

3. Program Initiated. This is where it all begins: Where the program comes to life and is put into action. You will finally gain all the inspiration and tools to step up and create a life infused with passion, along with the best support there is: *Your personal life coach.*

Depending on the program, the sessions will be conducted either face to face at Deborah's office and other selected places (to add a little spice) and/or over the phone and via email. It is the intention of the program to keep the process alive through variety, energy and of course PASSION! This is YOUR LIFE we are talking about – therefore Deborah is dedicated to being her absolute best for you so you can be your best.

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ABOUT DEBORAH STORER

SUCCESSSES

- Deborah is a pure example of PASSION. She is a vibrant and dynamic Speaker, Author, Coach, and Cartoonist. Her presence radiates an energy and a connection that keeps you on the edge of your seat with a drive to step up and take charge.
- Owned 4 successful profitable businesses, including a Performing Arts Company
- Offers a smorgasboard of services, from Seminars, Workshops, Coaching & a range of visually exciting products – from books, audio programs and card decks.
- Achieved success on all levels of her life – relationships, business, wealth, travel & lifestyle

CHALLENGES

- Doctor told her at 18 years old she had 6 months to live due to an eating disorder
- Father committed suicide 3 months after
- Drastic low-self esteem, self hate, unfulfilling relationships and jobs, financial hardship and failure

TRAINING

- Nationally Accredited Life Coach
- Results Coach & Performance Consultant
- Master NLP Practitioner – Internationally recognised
- Master Neurological Repatterning
- Master Ericksonian Hypnosis
- Accredited Presenter
- Louise Hay Workshop Leader
- Business Management & Marketing

VISION

- Deborah is living her dream:
 - Expressing herself through painting, writing and speaking
 - Inspiring people to discover their passion and live it
 - Enjoying life and sharing it with those she loves
 - Dedicated to making a powerful difference in the lives of many



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SUCCESS STORIES

“Since experiencing Deborah’s work, I have felt great exuberance for life, a feeling that I can’t ever remember feeling before – like I wanted to stand on the tallest mountain and yell out to the world how wonderful life is. Now, my relationships have improved, my networks have widened, my happiness has grown, my opportunities have expanded, my university marks have greatly improved and I have finally begun to truly appreciate life. The interactions with Deborah, for me, are like fuel for the beautiful flame of life: Sometimes on our own, our little candles struggle to burn through the wind – but Deborah’s guidance turns a struggling flame into powerful fire that has the capability to light up the world.” **Margaret McCarthy, Mother & Teacher, Holloways Beach, QLD**

“Deborah helped me discover blocks and ineffective behaviours which were making my life and the achievement of my goals a struggle. I worked through limiting beliefs, incongruence between my conscious and unconscious self, learned to be kinder to myself and create a clearer vision of my life purpose. What a gift! Deborah challenged me to be open to endless possibilities. Deborah had such a profound influence in my life!” **Sharon Bandiera, Business Owner, Gold Coast, QLD**

“When I arrived in Cairns I was at possibly the lowest part of my life. I had broken up with the man that I thought I was going to marry, sold the business that I had driven myself into the ground for over 2 years, left the city that I loved and called home and left behind my apartment (with boyfriend still in it) and all my furniture. I was LOST, heartbroken and totally and utterly desperate. I was depressed to the point of suicide and had no direction for almost 3 years. I ran away to Cairns to try and ‘find myself’ and rediscover the strong, vibrant, passionate and creative person that I used to be.

Then I found Deborah. I was so desperate to rediscover myself and end my pain that I was willing to try ANYTHING. Could someone really change my life? Give me back everything that I had lost? The things that Deborah made me question about myself, the things that she made me expose, the tools that she gave me to work with and the patience that she showed in my learning journey has given me back everything and more that I thought I had lost forever.

I now have joy, passion, energy, vision, determination, clear goals and an unshakeable belief in my own abilities. I have the raise from my boss that I deserve, the respect of my peers and superiors, a new business that I am incredibly excited about, a wonderful man in my life and an amazing and inspirational new group of friends. The sky is the limit and I am on my way to wealth, huge success and the relationship of a lifetime. THANKS DEB!” **Natasha Riedel, Business Owner & Radio Promotions Manager, Cairns, QLD**

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“At 36 I have been married to a wonderful man for 13 years and have two beautiful, healthy daughters. We own a home in a lovely family orientated, safe suburb and have two gorgeous Golden Retrievers. I am a competent, successful Customer Service Manager with a major bank earning a great salary and driving a brand new car. I had it all! Well from the outside I guess that is what it looked like, only on the inside I felt I had no direction and my life was too hectic and full of clutter. Then I found Deb and she has literally changed my life! Whilst I felt I was happy and had it all I was only touching the surface and just biding time. For what I do not know. From the very first meeting I had with Deborah my life has become full of value and joy. She has helped me discover what I really want to be doing with my life professionally and personally. She has helped me to rediscover and enrich my family relationships and connect with new and inspiring people. Mostly she has helped me find my dream and I am now well and truly on the way to making it a reality. So know this, no matter if you have it all or feel you have nothing, Deborah is a blessing and the road she will travel with you will take you beyond your wildest dreams. She makes you realise nothing is impossible. You can do it cause you are worth it too.” - **Toni Colyer, Manager & Mother, Cairns**

“Before coaching with Deborah, I felt that I was trapped in my life and my mind was continuously busy thinking of the future, the past and worrying about things that I could not control. I know now that when my mind starts racing again, I just have to trust myself (stop controlling things) and know I'll be ok. Now, I am content to just be. It is very pleasant and peaceful being in this place. I'm starting to allow more time for myself and I'm enjoying being spontaneous. I have more confidence and have started studying again. I still have a lot to learn about myself, but now that I can control the engine of the ship, I can set sail in many new directions and not be fearful. Thanks so much Deb.” - **Angela Butler, Civil Draftsperson, Cairns**

“Without Deborah's coaching I would have given up ages ago, staying within my comfort zone but never being completely content with the way things were. Deborah helped me recognise fear, and gave me the tools to work my way through and around obstacles. I've lived my life never really knowing what my passion is. With Deborah's coaching I've started to go out there and try lots of different things. I have the confidence to sell things that I make, I am enrolled in an art course and also have my own website. All of this is since my coaching with Deborah”. - **Rachel Green, Artist & Internet Entrepreneur, Cairns**

“I had Anorexia since my young teens. I am now in my forties and found that I was battling low self esteem, mind distortions and feels of disgust about my body 24/7. I had been wanting to break free from this cocoon as I found the strain and pressure to be exhausting. I needed someone to give me a push and Deborah had been that push. She gave me the tools and I can say that I finally feel free and can now put my energy elsewhere. Most important, I like myself a whole lot more just the way I am” – **Elena D, Kanimbla Heights, QLD**

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