



## Debbie Pokornik Supporting our Supporters

Parent educators, teachers, daycare workers, guidance counselors...  
often experience days that demand a lot and give back very little.

### Testimonials

*"Debbie is exceptional at engaging her audience. She has a fun and creative style that makes learning enjoyable."*

**Connie Holmlund**  
Child & Adolescent  
Mental Health Worker, NEHA

*"Debbie's abundant knowledge and capacity is balanced with a sharp, intuitive, yet practical insight into how theory meets real life in schools, classrooms and homes. This common sense intellect is a rare gift and one of many hallmarks in Debbie's success."*

**Lesley Eblie Trudel**  
Division Principal of Student  
Support Programs  
Sunrise School Division

*"Debbie has a very interactive presentation style. Her personal sharing of her own experiences gave a "real life" to our own situations and those of our parents we work with. Debbie gave us great ideas to empower parents. Thank you Debbie for sharing your expertise and encouragement."*

**Karen Naumiuk**  
Volunteer Coordinator,  
Parent Resource, Wpg #1 SD

- Debbie helps people become more self-aware and develop greater confidence in their helping role
- She blends a gentle understanding, with fresh concepts, helping people open their minds to new possibilities
- Debbie is known for providing practical ideas staff can use immediately to support themselves and their clients
- She provides a unique perspective on human behaviour and personal development as well as many tips and tools for engaging and empowering clients
- Debbie is the author of the award winning *Break Free of Parenting Pressures: Embrace Your Natural Guidance*, has a Bachelor of Arts, Bachelor of Social Work and is certified in many parent education & personal development programs

### Featured Presentation

Keynotes, Workshops, Trainings, Consulting, Coaching, Teleseminars

**Workshop:** Embracing Life Changing Moments; Bringing out the Hero

**Helping people recognize when a life changing moment is holding them back is challenging and delicate work. Having plenty of ideas to help our clients shift perspective, release emotional ties and find a way out of this hole is critical. This 1/2 day workshop is inspiring, insightful and interactive.**



empowering **NRG**

Because a little **nrg** can go a long way

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