



Debbie Pokornik

Bringing Out the Best in Parents

Testimonials

"Fabulous Session! I liked knowing that what I'm going through is normal. The other thing I really liked was the suggestions. So helpful. Thanks for all your advice Debbie."

Lisa McLeod
HIS Clerk
Concordia Hospital

"Fantastic! Very realistic ideas that I will be able to take with me and use in my work and personal life every single day! Thank you so very much!"

Mara Doctoroff
Parent Support
Winnipeg 1 SD

"As a mother of three, Debbie has been a wonderful resource. Her insight and advice has provided me with the tools I need to be the best parent. As well, Debbie has provided valuable information to my university students when appearing as a guest lecturer. Her style is engaging and informative."

Jaclyn Koskie M.Sc. Ph.D. (Ed.)
Student Services Coordinator
Red River Valley School Division

- Debbie helps parents become more self-aware and develop greater confidence in their parenting role
- She blends a gentle understanding, with fresh concepts, helping people open their minds to new possibilities
- Debbie is known for providing practical "down-to earth" ideas that parents can use immediately to achieve results
- She provides a unique perspective on human behaviour and personal development helping parents understand how and why their tools work the way they do
- 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 parenting programs (including Triple P: Positive Parenting Program)

Feature Presentation

Keynotes, Workshops, Lunch'n Learn, Coaching, Teleseminars

Workshop: Building Powerful Relationships

With relationships, it is the things we do on a regular basis that matter most. Building strong relationships with our kids is something most of us want, but is sometimes a challenge to achieve. In this session Debbie shares some little known secrets about relationship building with kids that can help us use those *little things* to make a BIG difference.



empowering **NRG**

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

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