



## Debbie Leoni, ACC ICF

Professional Speaker, Fearless Living Coach

Member of National Speakers Association NSA, Illinois

Settling for an ordinary life is not an option when you can be extraordinary. Debbie practices and teaches how to be extraordinary through her concept of living fearlessly.

Debbie Leoni has over 15 years of experience as a professional speaker, Fearless Living Coach, mentor and author.

Debbie's journey as a professional coach uncovers a style of training that incorporates the mind, body and spirit. Debbie teaches, guides and helps thousands of women and men to identify their hidden fears and shift those fears into courage.

Utilizing self-analysis, mentorship, and accountability, Debbie has built a comprehensive wellness program for all people:

- Current and emerging leaders
- For community and family leaders who aspire to be better and encourage others but cannot get out of their own way
- For people who want to change behaviors but lack the skills to do so

Debbie offers one-on-one mentorship and group sessions to deliver her signature classes:

**“Escape the Weight”** - the emotional component of weight loss

**“Fearless Living”** - Shifting Self Limiting to Self Empowering Beliefs

Her methodology is to:

- Identify the fears that are blocking you
- Understand what it's costing you
- Know what's possible by using your fear instead of it using you

She also, emphasizes A Fearless Mindset and Nutrition as Two Key Components to weight loss and shifting self limiting beliefs. Debbie is amazingly gifted in enhancing corporate wellness and defining effective work life balance.

Debbie holds a master's certification from the Ford Institute in Integrative Life Coaching as well as certifications from the International Coach Federation (ICF) in leadership and family coaching.



Speaking Engagements:

- Institute of Supply Chain Management (ISM) Leadership Event, Chicago, IL
- Illinois Diversity Council, Chicago, IL
- Marriott Courtyard, St Charles
- Yoga Retreat, Mayan Riviera, Mexico
- Hearts of Hope

**Leoni Mission —**

**Is To Help Others Break Through their Limiting Beliefs and Shatter The Box That Keeps them Playing Small.**