

Debbie Ford's Lecture & Workshop Descriptions 2008

Attention Event Producers

In order to support you in scheduling Debbie to speak at your conference or event, we are providing the ten outstanding presentation options below. Each title and description represents a unique and absolutely life-changing aspect of Debbie's body of work, and the presentation length can be customized to fit your needs. Due to the depth and experiential nature of Debbie's work, we highly recommend lectures in the range of 90 minutes to 2.5 hours. Additionally, Debbie is available for half and full-day conference workshops and corporate retreats.

Please contact Debbie's lecture agent, **Geeta Singh**, for prompt assistance:

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Why Good People Do Bad Things: How to Stop Being Your Own Worst Enemy

In this workshop based on Debbie Ford's tour de force new book by the same name, we can begin to break out of the prison of fear, shame, and self-sabotaging behaviors that all too often robs us of our dreams. Join Debbie as she unveils the seven signposts for disaster - the ways of being that, when ignored, can lead us astray and engage us in patterns of self-destruction, and the spiritual antidotes that will heal our internal split and return us to wholeness, where once again we can bask in the totality of all of who we are. This is a conversation at the evolutionary edge for everyone who is ready to evolve into the next greatest expression of themselves.

Discovering the Gifts of Your Dark Side

Everybody is talking about it. Its time has come. The shadow – with all its intrigue and its gifts – holds the key to your ultimate freedom. Join #1 *New York Times* best-selling author Debbie Ford in beginning what will be one of the most important conversations you will ever have. Unlock the mystery of your dark side and understand what robs you of your self-respect, courage, creativity, and dreams. Begin to excavate your soul's blueprint and begin the journey back home to yourself...where you can reclaim your power, your brilliance, and your deepest purpose.

Unmasking the Authentic Self: Identifying the Disguises of the Wounded Ego

Discover the power and the magnificence of who we really are beneath the faces we show the world. Exploring the 12 masks featured in Debbie Ford's new book, *Why Good People Do Bad Things: How to Stop Being Your Own Worst Enemy*, identify and

understand the disguises we use to protect ourselves, how we became the people we are today, and why we attract the people and experiences we attract. This fascinating workshop is an opportunity to be free of the lie that who we will meet when we finally unmask the false self is someone unworthy of love, happiness, and success.

Cracking the Code of the False Self: Healing Fear and Shame at the Deepest Level

In an effort to distance ourselves from feelings of unworthiness and powerlessness, we construct a persona to hide all of the aspects of ourselves that we and others have concluded are wrong, bad, and unacceptable. Join Debbie Ford in unmasking this false self and gaining a profound new awareness of the fear and shame that gave birth to it in the first place. Begin to resolve old toxic emotions as the extraordinary power of self-acceptance begins to work its magic in your life – and experience the re-emergence of freedom, hope, and possibility in your life.

Journey into Intimate Love: Waking Up to the Collective Heart

What is in the way of you having outrageous love with yourself, others, God, and the world? Join Debbie Ford on this journey to soul-satisfying intimate love – a love that demands that we give up our agendas and our self-righteous beliefs, and open up to a greater self, a self that exists beyond the individual. If your greatest desire is to love *all* of who you are – both your weaknesses and flaws, and your beauty and magnificence - join Debbie for this truly unforgettable workshop. If you are ready to never feel alone again and reconnect with the collective heart, let this be your new beginning.

The Power of Authenticity

Debbie stands on the stage in the first three minutes of her talk and says, "I'm angry, I'm mean, I'm selfish and I'm scared." The room gets very quiet. You can hear a pin drop in that silence. She walks to the other side of the stage and she says, "I'm happy, I'm brilliant, I'm courageous and I'm confident." How could it be? How could it be that we are all of these things? What is the power in discovering and embracing all of oneself? Find out in Debbie's landmark talk, The Power of Authenticity.

The Truth Will Set You Free

Debbie asks a room of corporate executives, managers, salespeople, "What are you waiting to happen? What are you waiting for? What results, what promotion, what shift in leadership, what future are you waiting to arrive?" Twenty people shout out what they are waiting for to have their greatest life. Then, Debbie exposes to them that the fantasy is keeping them stuck exactly where they are today -- the "One Day Some Day" fantasy that keeps people producing mediocre results and gives people an excuse for not living their greatest life now. In 10 minutes, Debbie shows a room full of people that the reason they're not living their best life now is because they're wrapped in an illusionary fantasy that it's going to happen one day later. The power of unconcealing what is truly happening in one's life is a transformational process because as soon as we can admit

to what's keeping us stuck or trapped, we are able to allow a new possibility to emerge. It's not something we have to make happen. It's a natural phenomenon that occurs and affirms the adage that the truth will set you free.

The Power to Make Life-Changing Choices

In *The Power to Make Life-Changing Choices*, Debbie uses the metaphor of the internal flame to have her audience assess if their internal flame is a dim flicker or a roaring fire. She guides them through each area of the life wheel, looking at money, relationships, career, body and health, family and friends, home and surroundings, and spiritual connection. She asks them to score their flame on a scale of 1 to 10. This process wakes people up, breaks them free of denial and leaves them awed by their own ability to see what parts of their lives need attention. With their notebooks in hand, she has them write out what choices they make each and every day that diminish their flame. She helps and guides them to see all the different ways that their own choices disempower them and leave them feeling resigned and hopeless about their futures. Then with the innate ability to shift a room, Debbie challenges them to identify the powerful choices they could make that would make their internal flames roar.

Spiritual Divorce: Endings as Catalysts for Extraordinary Beginnings

Divorce rocks your very foundation. Separation from someone you've loved (which can include any close relationship and not only spouses) is a horribly lonely time when feelings of anger, despair, fear, and self-doubt can cloud your thinking and take the pleasure out of your days. But no matter how many times you've been disappointed, betrayed, or hurt in love, you CAN heal your heart and open up to love again. In this turning-point presentation, Debbie Ford, author of the critically-acclaimed book, *Spiritual Divorce*, will open the door to a profound journey of emotional freedom and deeply inspiring possibilities. Whether your divorce or break-up happened two weeks ago or 20 years ago, you can find the gifts in your pain and allow your experience to become one of unimaginable gain rather than devastating loss. This unforgettable experience that Debbie will lead you through can be the start of a new story of love, one where the ending of your relationship can be the beginning of everything you have ever wanted.

Radical Reinvention: Opening Up to a Profound New Future

If you're lucky enough, there comes a time when things just stop working. In these moments, you may find yourself afraid of an unknown future and longing to return to a simpler time in the past. In this life-changing workshop with renowned teacher Debbie Ford, begin to see this kind of time for what it really is: a profound opportunity to claim your innate strengths, share your greatest gifts, and open up to a brand new future. Find the courage to shed aspects of an old identity that no longer serve you, step out of your old story, and allow something magnificent to be born within you. No matter what has happened in your past - no matter what mistakes you've made, disappointments you've swallowed, or pain you've endured - you can radically reinvent yourself anew, over and over again. And Debbie will show you how.