

DEBORAH HURWITZ

Productivity Coach for Perfectionists

Break Through Procrastination And Finally Get It Done

"It is a procrastination boot camp, a crash course in how to get out of your own way and be productive. ... Procrastination has kept me in the dark and here you are, casting a light on what I have been trying to avoid. This is mentally, spiritually, emotionally and creatively DELICIOUS!"

LEE D.



ABOUT DEBORAH

Using her signature P.A.C.T. System, Deborah Hurwitz helps ambitious professionals to break through the paralysis of perfectionism and procrastination so they can accomplish the goals that matter most to them.

Deborah is an award-winning film and television composer and the music director of such internationally acclaimed projects as Cirque du Soleil's IRIS and the Broadway smash hits Jersey Boys and Miss Saigon. As both a career artist and online entrepreneur, Deborah has mastered the art of "single-tasking," eliminating doubts and distractions to achieve remarkable industry successes in both entertainment and personal development, while honoring her creative self-expression and personal integrity.

She now helps a tribe of 15,000 strong to do the same through her online shows and Mission Accomplished® coaching programs. Deborah is also an international speaker and co-author of the Amazon #1 Bestseller, *She Made It Happen: 22 Inspiring Stories From Female Entrepreneurs Around the World*.

WHY HIRE DEBORAH?

Deborah has an uncanny ability to speak directly to the inner critic holding you back so that you can shift from stuck to stoked.

Deborah has played vital leadership roles in globally recognized theatrical productions overseeing hundreds of performers, musicians and audio-visual production teams simultaneously.

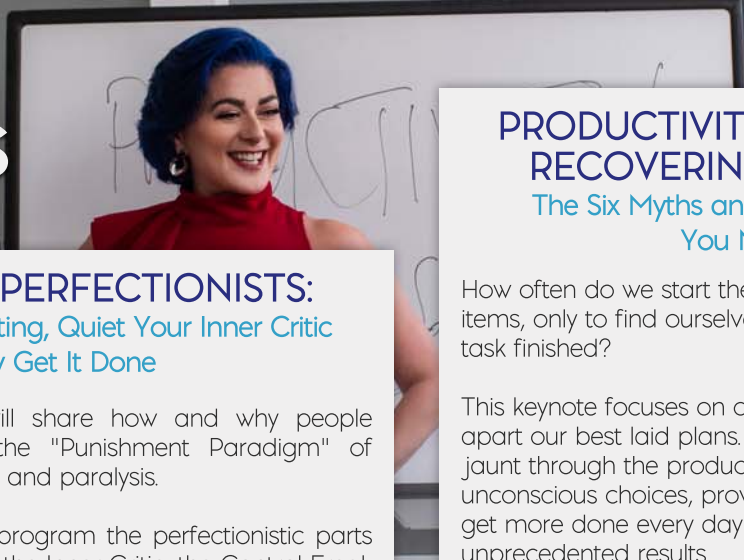
Deborah has a solid system that can help anyone to experience unprecedented productivity AND peace of mind.

Absolutely stunning ...

this has been wonderfully challenging and insightful ...
super helpful nuggets/takeaways and totally actionable!"

GARRY T.

KEYNOTES



FREEDOM FOR PERFECTIONISTS:

How to Stop Procrastinating, Quiet Your Inner Critic and Finally Get It Done

In this keynote, Deborah will share how and why people continually get caught in the "Punishment Paradigm" of procrastination, perfectionism and paralysis.

She will show you how to reprogram the perfectionistic parts that are getting in your way - the Inner Critic, the Control Freak and the People Pleaser, among others - so you can master your time and attention, and ultimately achieve your most important goals.

ATTENDEES WILL:

- ✓ Gain a fresh perspective on their feelings and circumstances, providing unparalleled calm and clarity around next steps.
- ✓ Redefine ACCOUNTABILITY so they have the ability to move forward effectively and without hesitation.
- ✓ Experience total freedom to choose their actions and responses in any given situation, equipped with simple, powerful tools to get things DONE on their terms.

PRODUCTIVITY LESSONS FROM A RECOVERING PERFECTIONIST:

The Six Myths and Ten Rules of Productivity You Need To Know.

How often do we start the day with a list full of "MUST DO" items, only to find ourselves heading to bed without a single task finished?

This keynote focuses on our belief systems and how they pull apart our best laid plans. Deborah takes us on an entertaining jaunt through the productivity myths that drive our unconscious choices, providing ten critical rules to follow so we get more done every day - with ease, pleasure and unprecedented results.

ATTENDEES WILL:

- ✓ Understand the power of the 20-minute work session and walk away with an astonishing set of tools that allows them to get important things done in tiny increments of time.
- ✓ Learn how to get started on the projects they work hardest to avoid! They will have tools to begin tasks where they had previously been stuck for days, months or even years.
- ✓ Use the principles of "pointless play" to actually accomplish their best work, with greater efficiency and ease than ever before.

CORPORATE WORKSHOPS AND OTHER PROGRAMS

KEYNOTES

The above keynotes are available as team workshops and training sessions, either live or virtual (2-hour to multi-day available)

MISSION ACCOMPLISHED®

A year-long, results-oriented group coaching program including private support and daily, structured accountability

THE IMPACT COURSE

Fourteen Weeks to Get Unstuck, Get REAL Momentum and Get That Project DONE

LIVE ON STAGE PARTIAL CLIENT LIST

Lincoln Center, Meet the Artist Series
 The Zone Event
 Princeton University
 CBS Upfronts
 University of Southern California
 Thornton Music School
 University of Pennsylvania
 Berklee College of Music
 Carnegie Hall, International Championships of A Cappella Open



#1 BESTSELLER

SHE MADE IT HAPPEN:
22 Inspiring Stories From Female Entrepreneurs Around the World

She Made It Happen tells the bold stories of women who translated their hunger for change into concrete actions, and found the grit to create their dream lives from the ground up.



To book Deborah and help your audience break through procrastination and increase their productivity, email Jill McCarthy, Events Manager jill@maestracoaching.com