



About Deborah Munies

Deborah is a Master Certified Life Coach who works with smart, time crunched, high performing corporate moms and helps them take advantage of their career equity, figure out their next career step and achieve the balance they crave so they have more time for themselves and their family... often without quitting a company they love! She is the founder of Can't Dimmer My Shimmer® - empowerment education for women and girls. Through her education platform, she offers workshops for girls helping them to manage stress, overcome obstacles, feel more empowered, and learn how to be their true selves. She speaks at organizations to inspire, motivate and encourage growth and positivity, drawing from her own challenges and experiences. In 2018 she will debut

as host of the podcast, *Figure It Out*.

Deborah is a contributor to *The Huffington Post*, *Medium* and *Thrive Global*. Her clients call her approach “life changing,” “amazing” and “ego eliminating.”

What parents are saying...

My daughter attended your session this morning. She said it was great! I asked what was one of the greatest thing about this morning. “Everyone was so nice!” She was so excited to show me her journal and art work. I attached a photo. She is still beaming from the experience. See you next week.”

Thank you so much for a wonderful class! My daughter loved it and cannot wait to come back next weekend! We highly recommend it to everyone.

This camp was truly wonderful. I teared up reading the inspirational cards the girls brought home today. My youngest daughter especially felt very empowered by them and has put them in her backpack for school. Thank you for sharing your time this week - I think both of my girls came away with some important skills.

What girls are saying...

I absolutely loved this program. It made me feel great about myself!

I liked all the topics we did on stress because I stress a lot.

I really liked this class. My friends would probably have as much fun as I had.

I can't wait to come back again next year!

Snaps to Deborah for making this fun!