

captivating *engages the audience*
Speaker's Kit
energy *simply inspiring*

Deborah J. Cabral, CPO® The DeClutter Coach

*Certified Professional Organizer,
Productivity & Efficiency Coach*



“Deb Cabral is a dynamic speaker who **engages the audience immediately**. Her energy and enthusiasm is infectious as you get on-board to hear all the worthwhile and thoughtful information she has to share.”

*Janice Rasmussen, Chairperson,
MARCPD Speaker Committee*

“Deb has a personality and presentation style that **lights up the room and captivates the audience**. Her energy and enthusiasm for her business is simply inspiring. Her words of business wisdom are always **exactly what the audience is looking for**. I would highly recommend Deb for any speaking engagement where the organizer is looking for a **high spirited, articulate, organized program** full of energy and excellent advice.”

Tracy Higginbotham, President, Women TIES

CABRAL ENTERPRISES, LLC

Deborah J. Cabral, CPO® President

46 Genesee Street, New Hartford, NY 13413 • (315) 794-9495 • deb@decluttercoachdeb.com • dcabral@dceffconsult.com

Residential Organizing



www.DeClutterCoachDeb.com

Corporate Consulting & Training



www.DCeffconsult.com

Television Show



www.organizationmotivation.com

News Segments



www.organizedin60seconds.com



Meet Deb



Certified Professional Organizer & Productivity & Efficiency Coach Deborah J. Cabral, CPO® is President and Owner of Cabral Enterprises, LLC – a New York State (WBE), Nationally (WBENC) and Federally (WOSB) Certified Woman-Owned Business Enterprise, established in 2010.

Cabral Enterprises, LLC is comprised of four divisions:

- **The DeClutter Coach** – the Residential Organizing division
- **DC Efficiency Consulting** – the Corporate Consulting and Training division
- **Organization Motivation!** – a national weekly television show hosted by Deb
- **Organized in 60 Seconds** – syndicated news segments where Deb provides viewers with quick tips to organize their home, work and life.

Deb's more than 20 years of corporate training and efficiency experience, combined with her natural fervor for organization and time management, equip her with a keen sense for helping people change their lives for the better! She works with individuals, families and companies to enable them to get motivated, break the cycle of disorganization, change bad habits, and regain control for increased productivity and decreased stress.

She holds a Bachelors Degree from CW Post, Long Island University, and has taken numerous courses relating to the organizing, productivity and time management field. Additionally, Deb holds the CPO® Certified Professional Organizer Certification, the Certificate of Study in Chronic Disorganization and is a Certified Photo Organizer. Furthermore, she was granted a US Trademark for The DeClutter Coach logo.

Deb is a regular guest on regional and national radio and television shows, as well as a columnist for the Utica Observer Dispatch and author of DeClutter Your Life NOW! This informative book offers its' readers her organization, time management, efficiency and productivity expertise. Deb Cabral speaks regularly at corporate events, special interest groups and association meetings; as well as conducts workshops and training classes both publicly and for companies large and small. She is as diverse as her four business divisions: Professional Organizer, Author, Efficiency Consultant, TV Show Host, Speaker, News Segment Host and much more...

Awards:

- SBA Excellence in Small Business Award, 2012
- Mohawk Valley Business Women's Network Endowment Fund Award, 2012
- Key4Women Achieve Award presented by Key Bank at the WISE (Women Igniting the Spirit of Entrepreneurship) Conference, 2013
- 2016 NYS Women Inc Entrepreneur of the Year
- 2016 YWCA Salute to Outstanding Women Business & Industry Award
- 2016 SBA Small Business Person of the Year Finalist

Member of:

- National Association of Professional Organizers (NAPO)
- Institute for Challenging Disorganization (ICD)
- Association of Personal Photo Organizers (APPO)
- Greater Utica Chamber of Commerce
- Center State CEO
- Herkimer County Chamber of Commerce
- New Hartford Chamber of Commerce
- Mohawk Valley Society for Human Resource Management (MVSHRM)
- Mohawk Valley Business Women's Network
- NYS Women Inc- Mohawk Valley Chapter
- Women Ties
- CNY Holistic Wellness Alliance
- Rotary Club of Utica
- COMPASS of Central New York

Deb is a wife, mother of three and active community member volunteering for several organizations in central NY including the YWCA of the Mohawk Valley, The Women's Employment and Resource Center (WERC), and is a American Heart Association, Go Red for Women- Circle of Red Member.

The
DeClutter Coach
Organization motivation!



Deborah J. Cabral, CPO®
Certified Professional Organizer, Productivity & Efficiency Coach
(315) 794-9495

www.DeClutterCoachDeb.com

Keynote Addresses

DeClutter & Simplify Your Life - It can be Done SIMPLY!

Are you feeling overwhelmed? This presentation will provide you with simple tips to motivate you to declutter and organize all the areas of your life to reduce stress. In addition, Deb will talk about curbing your addiction to your cell phone.

Perfecting the Balancing Act - How to Get Organized at Home & Work

This informative presentation gives you the tools needed to evaluate your current routines at home and work to determine what is working and what is not. Deb will offer practical tips and teach you the true “rules” for getting organized at home and work and staying that way. You will need a tried and true plan and Deb will motivate you to create one that will work for you... on your own terms.



No More Chaos - Easy Tips to Organize Your Home & Family

Does your home suffer from CHAOS (Can't have anyone over syndrome?) Deb's lively presentation will provide you with systems and routines to organize your home and family. From creating a family hub, to setting up a lunch making zone, Deb thinks of everything and presents the information in an easy to understand, fun way! You'll want to run right home and get started.

Is My Clutter Making Me Sick? Get Organized for a Healthy Life

In this presentation, Deb explains the health and safety issues associated with clutter and provides the audience with basic declutter tips to create a healthy lifestyle. From tips to organize your kitchen and how to easily cook healthy meals for your family, you'll be motivated to change old habits and create new, healthier ones in no time!



DeClutter Your Kitchen and Pantry - Meal Planning for Busy Families

It's difficult to prepare healthy meals for your family when your kitchen, pantry, refrigerator and freezer are not organized. This presentation provides step by step instructions to get organized in the kitchen. Deb will also tell you the two most important things you need to perfect meal planning!



Keynote Addresses



Get Organized for Back to School - An Easy to Follow Simple Plan for Success!

Back to school is a very busy time of year. Without a plan, things can get very stressful. Deb's presentation provides a checklist of things to do before school starts to be ready to go and things to do after school starts to stay organized all year long. If you fail to plan- plan to fail. This presentation will motivate you to make a plan for your family for the back to school season!

Get Organized for a Stress-Free Holiday Season

The holidays don't have to be stressful. Deb provides a fool-proof plan to help organize gift buying and wrapping, sending holiday cards and planning for holiday meals and parties. Start early and follow the plan so you can have everything checked off your To Do list and enjoy the holidays with family & friends- without stress! Isn't this the year to make it easier on yourself?

Don't Go Unprepared! The Complete College Organization Plan for Students & Their Parents

College... so many new things to learn. This presentation provides both students and their parents the opportunity to learn together. What to bring to your dorm and what to leave home. Deb will discuss how to organize your dorm for optimum space. She also provide tips for managing your relationship with roommate, your time and your money. This is a presentation not to be missed!

DeClutter for the Golden Years - Safety & Simplicity

People in their golden years have specific reason why they should declutter and get organized. During Deb's presentation, she explain why and what to do to help those seniors in their life maintain a clutter free environment for safety and simplicity. Deb will discuss tips for decluttering your home, 10 clutter-buster tips and tips for downsizing to a smaller home.

Do I Really Have to Balance My Checkbook? Simply Advice to DeClutter Your Finances

Deb's presentation discusses the 6 important tips to declutter your finances, how to save money and spend wisely and using coupons and rebates to save big!



The
DeClutter Coach
Organization motivation!



Deborah J. Cabral, CPO®
Certified Professional Organizer, Productivity & Efficiency Coach
(315) 794-9495

www.DeClutterCoachDeb.com

Full & Half Day Workshops/Presentations



DeClutter Your Life

Simplify Your Life

Tame the Paper Chaos

DeClutter & Organize Your Closet



DeClutter & Organize Your Finances

DeClutter & Organize Your Kitchen

DeClutter & Organize Your Garage & Car

Stress Management

Get Organized for the New Year

DeClutter & Organize Your Photos

DeClutter for the Golden Years



Organizing For Women (makeup, jewelry, accessories, pocketbook)

Time Management for Busy Families

Perfecting the Balancing Act Between Home and Work

Get Organized for Spring

DeClutter & Downsizing for Moving

DeClutter & Get Organized for a Healthy Lifestyle

Get Organized for College



Get Organized for the Holidays (Halloween, Thanksgiving & Christmas)



Deborah J. Cabral, CPO®
Certified Professional Organizer, Productivity & Efficiency Coach
 (315) 794-9495

www.DeClutterCoachDeb.com

Testimonials

“Thanks so much for speaking at our NAPO Greater Philadelphia Chapter Meeting. You have such a great spirit. You were absolutely fabulous! Your Energy & Expertise was Exhilarating (the Triple E’s). I love the way you think outside the box “Adding Revenue Streams” to our businesses was a great topic. I walked away feeling so excited about implementing some new ideas to my business. The feedback from the chapter members was phenomenal. “She’s a enthusiastic motivational speaker”. I definitely would recommend you speaking at the NAPO Conference and other NAPO Chapter meetings. Thanks Deb.”

Carla Shipman

Director of Development, NAPO Greater Philadelphia Chapter

“Deb shared her expertise with our Go Red for Women Team on How to Declutter for a HealthyLife . It is amazing how clutter can affect so many aspects of our lives including our overall health. The overwhelming response to her presentation was Deb was informative, professional, inspiring and motivational. Many said they were starting today and scheduling 15 minutes to start decluttering their space. Thank you Deb!”

Marguerite Lynch

Community & Regional Affairs Manager, Excellus BlueCross BlueShield

“Deb recently came to speak to a group of our employees about “DeCluttering for a Healthy Life”. She offered fantastic advice and applied practical solutions to incorporate into our everyday lives at home and work. Employees walked away feeling inspired and motivated to make changes to their current habits and identified ways they can avoid the unnecessary stress of being disorganized. Thank you Deb!”

Lori Nichols

Human Resources Manager, First Source Federal Credit Union

“We were pleased to have Deborah Cabral address a group of 60 credit union leaders recently. She gave an outstanding presentation on ways that we can enrich our personal and professional lives simply by becoming more organized and

eliminating clutter. The topic was of so much interest we had the greatest turnout at the event in years and I received significant, very positive feedback from the group.”

Mike Parsons

President/CEO, First Source FCU

“I was pleased to have Deb speak at our recent NYSUT Annual Retired Teachers Conference in Syracuse. This conference includes 5 counties. The presentation of choice was Deb’s. It was the most highly attended break out session. Participants raved about the presentation. Thanks Deb for getting us on the right track!”

Carole H. Gehrig

NYSUT Retiree Services Consultant, Syracuse Regional Office

“I was more than pleased to see the motivation that Deb Cabral sparked in all my staff. Many workers started the next work day clearing out paper clutter. As a team we will work on organizing our time to be more efficient with all the tips that were presented to us. What I had hoped to stimulate for my staff by providing this workshop happened to a greater extent than I imagined. I am looking forward to a more organized work environment and for staff to be more efficient and productive. Thank You Deb!”

Linda Montemurro

Director of Supportive Case Management

The Neighborhood Center Inc.

“Deb has come to our school to give a couple of different workshops to our teachers. She has given us so many practical, very useful tips to use in organizing our lives! These workshops have been so much FUN that our staff is always asking when she’s coming back to do another! Deb’s Declutter Workshops are a wonderful motivational tool for teachers and school personnel! Looking forward to the next one!”

Diane Cotton

Kindergarten Teacher, Barringer Road School, Ilion, NY

The
DeClutter Coach
Organization motivation!



Deborah J. Cabral, CPO®
Certified Professional Organizer, Productivity & Efficiency Coach
(315) 794-9495

www.DeClutterCoachDeb.com

Pre-Program Questionnaire

To help put together the most productive, inspiring training session catered just for your company's needs, please take a few moments to fill out the following and submit to deb@decluttercoachdeb.com or mail to: **The DeClutter Coach, 46 Genesee Street, New Hartford, NY 13413**

Name _____

Company _____

Phone _____ Email _____

Size of group that will be attending presentation _____

Was there a need expressed by your group/organization on getting more organized, managing time better, balancing work/life, etc that prompted you to contact us?

yes no

If yes, what is the biggest topic that your audience needs help in? _____

What are your top three goals for your audience to accomplish after Deb Cabral's presentation?

1) _____

2) _____

3) _____

Is there anything that you can share about your audience that will help us customize our presentation more? (i.e. mostly female attendees, a large number of the audience is from a particular industry, etc.)



Deborah J. Cabral, CPO®
Certified Professional Organizer, Productivity & Efficiency Coach
(315) 794-9495

www.DeClutterCoachDeb.com