

Biography

50 word biography: Deborah Deras, M.S., C.R.C.

(not to be used for an introduction)

Deborah is a charismatic speaker known for her high-energy presentations and interactive style. She and Adoley Odunton, are the co-owners of Synergy Unlimited, a professional development company that provides busy professionals with the tools to achieve more with less effort. Their new book is entitled, Confessions of an adrenaline addict.

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150-word biography: Deborah Deras, M.S., C.R.C.

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Their latest book is entitled, Confessions of an adrenaline addict: How to achieve more with less effort. They also created a 3 set CD program called Vitality that helps eradicate your key time challenges.

Deborah has a Masters Degree in Counseling and is a Certified Rehabilitation Counselor. She also has certifications in Neuro Linguistic Programming and Hypnosis. She is a professor in the Human Services department at the University of Phoenix.

She has been featured on countless television and radio shows. Most recently CNN Local Edition. She has been the spokesperson in marketing videos for PacifiCare, Zest Soap, State of California Department of Rehabilitation and Diversity Employment Source.

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Audiences are captivated by her unique story of being Colombian and of Lithuanian Jewish heritage. They empathize with her grief over her brother's untimely death at 16 years old. Her willingness to confess her self-destructive behaviors allows her audiences to learn from her mistakes and become inspired to create a fulfilling life.

Deborah has been featured in several publications including Latina Magazine, Catalina Magazine, and Crenshaw Times. Her media appearances include guest spots on Lisa Garr's The Aware Show KPFK, 90.7 and Pat Prescott's Views and Visions on 94.7 The Wave. Most recently she appeared on CNN Local Edition. She was nominated for Latina Entrepreneur of the Year three years in a row .

Deborah loves to salsa dance and travel. She is a marathoner and triathlete. She is happily married to Ennio, a talented artist. They reside in Los Angeles.