



**ADD SPICE WITH PEPPERS**

# **Dr. Debra Peppers**



- ***Dynamic Professional Speaker for over 25 years***
- ***Author and Newspaper Columnist***
- ***Member of National Speakers Association***
- ***Launched Small Business***
- ***Radio and Television Talk Show Host***
- ***National Teachers Hall of Fame***
- ***University Instructor***
- ***From Troubled Teen to Teacher of the Year***
- ***100 Pound Weight Loss***
- ***Perfect Presenter for your next event!***

If you are looking for a real “pepper upper” to ignite, challenge and inspire your group, then look no further! Dr. Peppers “sizzles” with her unique message individualized and tailor-made just for your group! Her blend of humor, powerful inspiration, enthusiasm, and unequaled energy are passed on to her audiences. They leave not only motivated and uplifted, but also with practical tools and insight to turn their own lives toward a more positive and productive path.

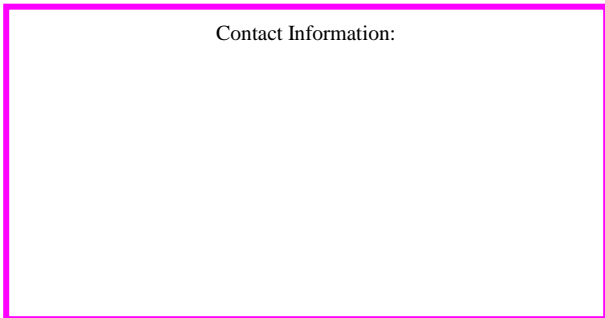
## **FROM HALL OF SHAME TO HALL OF FAME**

“From Troubled Teen to Teacher of the Year” read the headline when Debra Peppers was one of only five inducted into the National Teachers’ Hall of Fame. As a troubled teen, Debra was a 250-lb. high school dropout who could have “fallen through the cracks.” But with the love of her parents and a special teacher, “Miss Alma” (story published in *Chicken Soup for the Teacher’s Soul*), her life was radically turned around. Losing over 100 pounds, receiving a BA in English, an MA in Education, and a Ph.D. in Communication, Dr. Peppers now inspires audiences all over the world. Having traveled in all 50 states and 60 countries, she loves to share her strategies for initiating change by goal setting and problem-solving. She emphasizes the importance of finding balance in our lives and offers a step-by-step plan to implement it! Dr. Peppers shares real-life success stories from her radio and TV interviews as well as from some of the unsuspecting audience members (with permission in advance of course!) She also hosts a weekly television segment, ***Shakin’ the Salt with Dr. Peppers!***

## **WHY AUDIENCES LOVE HER!**

Dr. Peppers’ professional and personal credibility, as well as her charismatic presentation style makes her a favorite of audiences everywhere! As a professional speaker for over 25 years, having addressed groups of 20 to 10,000, Dr. Peppers has presented to audiences worldwide. From a small rural school in Africa to the Kennedy Center in Washington DC, to keynoting at the Crystal Cathedral’s International Women’s Conference, Dr. Peppers is the “real thing,” ... at home wherever she is! She adapts her presentation personally for each audience, often incorporating original poems and parodies. Presentations include over 1000 business, community, and educational groups, as well as key-noting banquets and business meetings. while customizing and personalizing for every group

Contact Information:



## Publications and Honors

Dr. Peppers has been featured in numerous professional newspapers and magazines, as well as having authored or co-authored fifteen books. Partial autobiographies include: *It's Your Turn Now*, *How I Lost 100 Pounds and Gained New Life* (audio CD series), *The Gift of Hope* (audio CD series), and features in five *Chicken Soup for the Issues*. Others included: *SOS*, *Secrets of Success*, *Nuggets of Inspiration*, *God Allows U-Turns*, *Best Practices*, and soon to be published, *Speak To Be Heard*. Member of the National Teachers Hall of Fame, State winner of the National Federation of Press Women Speech Competition, National Speakers Association Showcase Award winner, Teacher of the Year, St. Louis Hometown Hero, Outstanding Alumni Award, Presenter of Emmy Awards, International Who's Who: Professional Management, Excellence in Teaching Award, Women of Achievement Award, Kiwanis Golden Rule Award, Missouri State Resolution Honor, Bob Costas Radio feature, Recommendation for Senate Task Force, author/creator of the Emmy Award winning CHOICES, Act Your Age, and, Puzzles and Paradigms.

## A Few of Dr. Peppers' Topics

### STUMBLING BLOCKS TO STEPPING STONES

Incorporating stories of famous past "failures", this motivational presentation is three-fold: to examine and face "stumbling blocks"– in our own lives; to determine ways and find tools to get past our past; and to use the trials of the past to help others overcome as well! Debra presents tested ideas for improvement in both personal and professional lives. She leaves the audience in laughter, but with renewed hope, tools, and a plan to institute change!

### ON FIRE OR BURNED OUT

This hard-hitting presentation is a "wake-up call" for each of us to make daily attitude adjustments to get the most out of our careers. Learning how our physiological and intellectual responses are often dictated by our emotions, Dr. Peppers gives examples and practical tools for becoming proactive instead of reactive. Strategies for personal communication skills in dealing with even the most difficult people in the most difficult situations leave the audience with great fuel for preventing "burn out".

### CAN'T WE ALL JUST GET ALONG?

In both our professional and personal lives, we waste so much time and energy trying to figure out why those around us act the way they do – and why we react accordingly! Once we realize that we all have different personality styles, we can use our individual limitations as well as our unique gifts in all situations. Debra demonstrates the importance of interpersonal communication skills and the necessity for being interdependent so we can “synergize” and work together for good. By using learned approaches to our differences, the most difficult people among us can be reached.

### ADDITIONAL TOPICS (Descriptions available on request)

- Conflict Resolution
- Assertiveness Training
- Positive Risk Taking
- Communicating with Excellence
- Beyond Cultures
- Leadership: It's Not Easy at the Top
- Take off the Mask and Get Real!
- Laughing Your Way to Health

*Todd Akin, United States Congressman*

"Dr. Peppers' presentation at our annual patriotic event was outstanding! We've asked her to come back again next year."

*Claire McCaskill, United States Senator*

"It is my distinct pleasure to commend Dr. Peppers on her accomplishments. Her devotion underscores the importance of civic participation and the shared goal of improving our state and our country."

*Bob Costas, Sportscaster and television personality* "Dr. Debra Peppers, of the National Teachers Hall of Fame, overcame setbacks to become a huge success. She now inspires others to better themselves for real life success as well."

*Mary Lou Retton, Olympic Gold Medalist/Author*

"Debra's personal story is incredible and her style and energy level are unequalled."

*The Honorable Catherine S.Enz, State Representative 99th District*

"I was honored to introduce a Missouri House Resolution to the Missouri General Assembly recognizing Debra's life work and appreciation for her outstanding contribution to youth and the educational community."

*Dr. Gene Engelhardt, Past President, Kiwanis International*

"Dr. Peppers will leave your audience laughing, crying and ready to take on the world"

*Diane M. Beedy, Director of Professional Development*

"Adjectives used to describe Dr. Peppers presentation were "Excellent", "Wonderful", "Great". We would recommend Dr. Peppers as a speaker for any educational organization."

*Diane Kambeitz, Investor Education Coordinator, ND Securities Dept.* "Dr. Peppers received a 100% "very good to excellent" rating for her presentation. That is why we have had her back every year for the past ten years. "

**LET DR. PEPPERS CUSTOMIZE A PROGRAM JUST FOR YOUR GROUP!!**