

### Breakout Session:

This session is designed to help you break out of isolation by identifying your true, authentic self, discovering interdependence, and activating your superpower.

Whether at the office, with a team, or running your own business, Deb Geiger Rochau will help you develop practical skills utilizing her three-step Freedom Formula. This Formula helps you recognize your true, authentic self, while restoring hope where needed, and resurrecting your power by refilling yourself and finding ways to give back.



### Bio

Deb Geiger Rochau is passionate about helping others to recognize their true authentic self, to restore hope, and to resurrect the superpower. Growing up in Waterloo, Iowa, as the baby of five children, for the most part she can say life has been good. However, like most of us, she has had her ups and downs. Her soon to be published book, **15° of Hope**, shares some of her lowest times in life. She has learned to overcome these lessons which have allowed her to get to the next level of new heights in her current life. Her passion is to advocate for those that can't advocate for themselves, to help the voiceless find their voice, and to inspire others to live a life they love.

As a former sports coach and educator, working with people with special needs and their families, it is her greatest joy to be able to give back, whether it's working on the playing fields, with former students, at church, or just getting blessed by the presence of someone with special needs out in the community. This is where she learned the truest form of giving and receiving unconditional love.

The way she lives out the life she loves is spending time with family and friends, exercising, being near water and experiencing the sunrise and sunsets on the beach every chance she gets.

### Testimonial:

*"Deb has dealt with her own struggles and setbacks, in addition to successes in life. Each of these setbacks, as well as successes, has created valuable stepping stones to her ongoing growth and dedication to helping others. She has a Master's degree in education and prior to becoming a life coach, she spent over 10 years serving the Special Needs community. She knows what it means to advocate for people. She is acutely aware of how important it is to have someone in your corner who is willing to go to bat for you and value your individuality." -Janice H*

