



Expertise and energy to help reinvent the way your team works.

Deb Cabral can elevate your workplace – she challenges employees to think and act differently, increases efficiency on every level and creates a culture and space that inspires and encourages improved productivity.

She is a sought after trainer, consultant and speaker who, after turning her own tragedy into success, is dedicated to ensuring success in others.

She will motivate you to take action. Her energy is contagious.

Are you ready to make your team the best it can be?

Staff and Leadership Development Training

Customized. Engaging. Actionable.

Dozens of courses to choose from to meet your team’s goals, offered in many ways – breakfast or lunch and learns, small or large group presentations, half or full day trainings and more.

Consulting

Focused. Catalytic. Sustainable.

Increase revenue and improve how your organization functions. Services include workflow evaluations and process improvement to workspace evaluation and planning and so much more.

One-On-One Coaching

Personalized. Empowering. Results-Driven

Our coaching is a one-on-one approach to change behaviors and increase self awareness. We can work with any member of your team - from executive to individual contributor.

NYS Mandatory Sexual Harassment Training

Every employer in the state of New York is required to provide employees with Sexual Harassment Prevention Training – we can help you meet the requirements annually for your organization.



Call today to get started (315) 794-9495
or learn more online at www.DCeffconsult.com

Powerful Tools for Your Team!

DiSC Behavioral Assessment Tools

A proven tool that helps transform your workforce into an efficient, self-aware powerhouse. We have DiSC solutions that cater to the leadership of your organization or to your entire workplace. The popular Five Behaviors of a Cohesive Team builds better understanding and strength in teams for amazing results.



LEARNING *on the go!*

Impactful. Targeted. On-Demand.



Appeal to employees of all generations who are hungry for flexible, impactful learning opportunities. *Learning on the Go!* gives you targeted, effective training videos that are easy-to-access and feature practical and proven strategies that can be applied right away to see immediate results.

Our videos will enhance productivity, increase organizational effectiveness, develop leadership skills and give you a stronger, more efficient workforce.

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Catalyst!

“Deb’s presentation was the catalyst we needed to get our employees focused...”

VIRGINIA BIESIADA O’NEILL
*Chief Administrative Officer,
Pioneer Companies,
Syracuse, NY*

Enthusiastic and informative!

“In a world of challenging schedules and budgets, Deb’s time management training was definitely a worthwhile investment of our time and resources.”

ANITA A. VITULLO
*President, Staffworks,
New Hartford, NY*

A lot of motivation!

“Your excitement, energy and drive sent me out the door with a lot of motivation for my business!”

NANCY WOOLVER
*Agent, New York Life Insurance
Company, Fairport, NY*

*Deborah J. Cabral, Founder/President
Learning and Development Strategist and Trainer*



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Find Deb on social media:      

