



## What's the Right Direction for You?

Welcome to *In the Right Direction* podcast, where we believe you get to choose what's on your plate, you can manage the overwhelm, and that change is possible. I'm your host, Deb Elbaum, and I'm here to share insights and strategies to increase your happiness one baby step at a time. Let's dive in.

Hi everyone, and welcome to *In the Right Direction*. My name is Deb Elbaum, and my purpose is helping the people around me move forward with their thoughts, their actions, and in alignment with what matters most to them because here are a few things that I truly believe.

I believe that change is possible. I've created change in my life, and I see my clients making changes in theirs every day. I believe that change happens through baby steps, that we get to use the courage that we all have to try something new, to experiment and see what happens. Lastly, I believe that you matter and that even if your life is full of work and family and other commitments, that you get to put attention to you and what you want.

In these monthly podcasts, we'll explore new ideas, and I'll share tools and strategies because I want to help you feel inspired to move in the right direction for you in your life right now. I am so excited to begin this journey together.