

## **Debbie Pask**

Debbie is a business coach specialising in mindfulness, purpose and value. She has a background in board level advertising, a degree in philosophy and has been trained in eastern philosophy, meditation and mindfulness. After leaving her board role in 2003, Debbie built and sold two companies (a boutique consulting firm and an online tools website) and is the Co-Founder and owner of Zenful Business (business coaching) and Rezinate Pty Ltd (personal coaching).



Debbie now spends her time coaching, teaching and writing books to inspire a more connected and conscious approach to doing business – on a commercial and personal level to create a sustainable working life.

In the corporate space, Debbie started off in publishing and journalism and then moved into the advertising & media space to grow her career. At Saatchi & Saatchi advertising Debbie worked on key clients such as Toyota, NRMA, Sanitarium and ALP. In her next role at George Patterson Bates, Debbie held a board role as the COO and managed 65 staff members across project management, television, design and digital. During her time at George Pattersons, she managed key clients such as Optus, Foxtel, Telstra, Avis, Hyundai, Starlight and more. Debbie started her own consulting business called Adtopia in 2003 and also Tick Boxer (a sister online company) in 2009; selling both by 2013/14. After re-training in 2005, Debbie extended her skills into business coaching, mindfulness and energy work to help people become healthy from the inside out, whilst juggling a high end career or business.

Debbie believes that the key to a great working career is to follow your own passions and life purpose (asking those deeper questions) and to translate that into a daily working life with mindfulness and connection to create true and authentic value.

### **Debbie's Career Highlights Include:**

- Winning employee of the year at George Patterson Bates in 2002 (competing with 300+ other staff members)
- Designing and teaching an advertising course for the AFA (Advertising Federation) via UTS
- Building and Selling two companies over the course of 10 years
- Complete health overhaul and recovering from adrenal burnout in 2003 - 2005
- Runner up at Entrepreneur Business School in 2008 (Roger Hamilton WD)
- Designing and publishing a Meditation Album for 'busy' business people in 2014

### **Debbie's Qualifications and Affiliations:**

- BA Degree in Philosophy at Macquarie University
- Psych-K Facilitator (sub-conscious brain patterning)
- Qualified Meditation teacher & facilitator
- Reiki Master and Level 4 Teachers qualifications
- ACT (Acceptance commitment therapy) for workplace coaching
- Wealth Dynamics Profiling (Hamilton) & Enneagram profiling (Hudson and Riso) trained