

# Debbie Sodergren

Up Vibrations, LLC • Founder & CEO

Energy Body Vibration Expert

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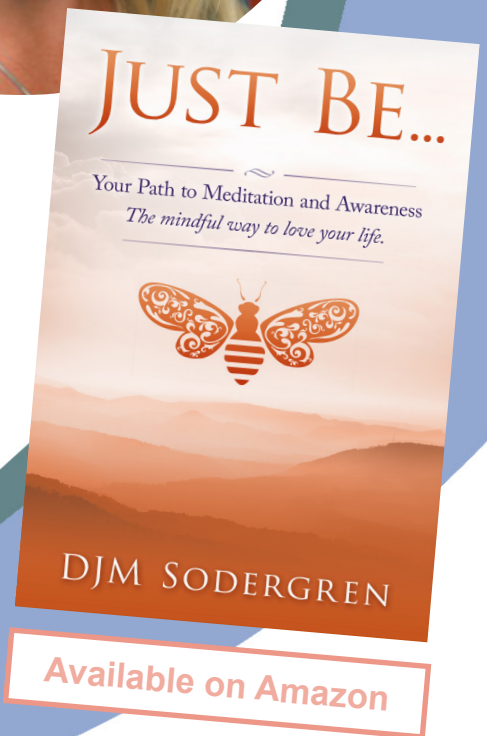


Debbie Sodergren is an Energy Body Vibration Expert and Owner of Up Vibrations, LLC, Author & Speaker. Debbie has a deep understanding of the body, mind and spirit connection and understands how our thoughts create our reality. As a business owner, this affects your business and all relationships you encounter. Debbie has worked for over 18 years with hundreds of clients on how to live the life of their dreams servicing her clients with mindful personal and business clarity shifts.



## As Seen On

Holistic Nature of Us – Host: Judith Dryer  
REV with Rachel – Host: Dr. Rachel Wetzsteon  
The Positive Vibes Show – Host: Pete Cossaboon  
Inner Abundant Mindset – Host: Jolen Philbrook  
Bare Naked Radio – Host: Dawn Gluskin  
The Naked Truth – Host: Joie Cheng



Available on Amazon

## Speaking Topics

Energy of Business, Mindfulness Meditation, Energy Body Vibration, Stress Management

Your energy vibration could be the only thing holding you back from Success! Learn how to cultivate the clarity, mindset and energetic vibration to create the success you are searching for.

### You will learn:

- ~ 4 easy daily practices that keep the mind in alignment and “in the flow”
- ~ 3 common causes of overwhelm and how to shift it

*“Debbie has a gift. She knows how to listen, not just to her clients’ concerns, also to an intuition and source that provides her answers, clarity and enlightenment. Debbie helped me get centered and clear on my truth. Thank you for your BRAVE and your genius!”*

Jena Rodriguez  
BraveMasters

*“The night before a mainstage presentation I was out of sorts, panicking, even though I knew my material. On top of that I was feeling fluish. Debbie was at the event, she agreed to help. In this one session—and after a good night’s sleep—the flu symptoms went away and I was confident and excited to take the stage. And I closed 90% of the room with my offer!”*

Gregory Anne Cox  
Be More Marketable

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