

With a strong background in behavior change, leadership development, stress management and brain science, Dr. Debra LeClair utilizes a multidimensional approach in working with clients to move through obstacles in meeting career and personal aspirations. She also consults and trains in corporations, non-profit agencies and public schools to implement positive cultural change through enhanced interpersonal communication and the fostering of emotional intelligence.

Debra holds Masters degrees in both Clinical and Applied Psychology and earned her Doctorate in Applied Psychology from Rutgers University. She is a Certified Life Coach and Peoplemap Trainer™ as well as a trained executive coach. Through cultivating her own inner practice of meditation across traditions and completing trainings through the medical schools at both UMASS and Harvard as well as Beth Israel Deaconess Medical Center, Debra has been teaching tailored mindfulness programs that bolster employee well-being and conscious leadership.