

# Debbie Tisler

Peak Performance Coach and  
Creative Director at F.I.T. Consulting

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As a professional speaker, trainer and coach, Debbie brings over 20 years of experience in personal and professional development to the Peak Performance team at F.I.T. Consulting.

She has grown national sales organizations as well as coached and mentored over 100 women in the steps to start their own businesses. Debbie has led training meetings locally as well as being a featured speaker at corporate conventions both regionally and nationally. Her workshops and coaching programs help clients break through limitations and achieve greater results than they have known before, using an approach that goes beyond motivation, guiding clients to understand and integrate the science behind the principles of transformation.

In addition to her work with private clients, Debbie is a member of Santa Fe Community College's Contract Learning team, where she brings programs in *Leadership*, *Communication in the Workplace* and *Elevating the Customer Experience* to businesses in the community.

Deb has been instrumental in the development of F.I.T. Consulting's newest course offerings - "*Confidence Redefined: Embrace your Authenticity, Elevate your Impact*"; "*The Power of your Personal Brand*"; and "*The Peak Performance Program*" for businesses and individuals. Debbie has also presented "*The Power of Optimism*" and "*Finding Fulfillment in Your Vocation*" to several organizations locally.

Debbie and her husband make their home in Santa Fe, NM, where Deb was privileged to be a member of Leadership Santa Fe's class of 2024.

## Testimonials

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"I am appreciative to F.I.T. Consulting, who led our Board of Directors workshop! They were collaborative, helpful, and engaging, guiding our Directors through various enlightening and impactful exercises that helped our leadership discover how to be impactful Brand Ambassadors. Many thanks for a transformative discussion."

Kurt Krahn | Executive Director | Santa Fe  
Habitat for Humanity

"At StretchLab Santa Fe, we recently had F.I.T. Consulting come to our studio to work with our Flexologists on Peak Performance coaching. Debbie and Catherine provided an experience that was absolutely wonderful. All of our staff walked away from the session having learned something new. Here at StretchLab Santa Fe, we are more motivated than ever to become the best version of ourselves and strive for Peak Performance."

Victoria Shaw | General Manager | StretchLab Santa Fe