



“With the power of Synergy, anything is possible”

“Instead of focusing on the symptoms, we specialize in getting to the root cause of the problem so you can create lasting solutions.”

Odunton & Deras
Founders, Synergy Unlimited

Synergy Unlimited is a self-mastery company that uses the power of the mind to get at the root cause of productivity challenges. Their programs on time expansion, life balance, and peak performance have transformed lives worldwide. Their innovative technologies help busy professionals achieve success with ease and grace.

Odunton & Deras are a unique, dynamic and powerful team that will energize any event. Their customized presentations are highly interactive and rich in content. Participants will talk about the benefits and tangible results for months to come. We look forward to working with you to make your next event a memorable one.

Some of our Topics Include :

→ The Balancing Act : Work, Family and You TOO!

- A four-step system for balanced living
- A one minute process to boost your clarity and energy all day long
- How to systemize and simplify your life
- The truth about adrenaline addiction and its impact on your well-being
- The four key questions to maintain balance

→ Time Expansion: How to Achieve More with Ease and Grace

- The hidden secret behind your time challenges
- How adrenaline addiction affects your relationship with time
- Strategies to overcome the four biggest time challenges
- Energy enhancing tools to increase effectiveness and well being
- The SEMP balance system for planning your day

→ Maximizing Your Potential: 7 Keys to Success and Fulfillment

- How to maximize your unique gifts
- How to clarify your role and take charge of your life
- The 7 principles of synergy to create a winning team
- How to maintain momentum in the face of obstacles
- Leave with renewed passion, clear goals and an action plan

Odunton and Deras are available for keynotes, seminars, trainings and executive coaching

P.O. Box 11677, Marina del Rey, CA 90295, Phone : 310-945-5651, Fax : 310-945-5652 Email : info@synergyunlimited.net

www.synergyunlimited.net



Adoley Odunton

→ **S p e a k e r • C o a c h • S e m i n a r L e a d e r**

Adoley Odunton is the co-founder of Synergy Unlimited, a self-mastery company that uses the power of the mind to get at the root cause of productivity challenges. She is a sought after speaker, trainer and life coach known for her dynamic energy, charisma and interactive style. She captivates and inspires her audiences to maximize their potential and improve the quality of their lives.

Her most popular presentations are:

Time Expansion	: How to Achieve More with Less Effort
The Balancing Act	: Work, Family & You TOO!
Maximizing Your Potential	: 7 Keys to Success and Fulfillment
Your Life As A Movie	: The Power to Create the Life You Want
Confessions of An Adrenalin Addict	: Create Success with Ease & Grace
Breakthrough Goal Setting	: Shifting from Resolutions to Results

→ Adoley Odunton combines more than 15 years experience in the film industry with her expertise as a professional coach and seminar leader. She is also a licensed spiritual counselor (RScP), yoga instructor and certified hypnotist and offers invaluable tools to handle stress and time to achieve high-level production with greater ease. Before co-founding Synergy Unlimited, Adoley was a seminar leader at the Los Angeles Coaching exchange providing coaching to Fortune 100 executives. Some of her corporate clients include Amgen, Advertising Photographers of America and Symphony Pictures.

Adoley earned a Masters Degree in English from Oxford University. She was a top television executive at premier companies such as Embassy Television, CBS Entertainment and Republic Pictures supervising the production of over 40 movies for television. Adoley is a member of the International Coaching Federation (ICF), the Writers Guild and a Board Member of Women in Film.

Her recent media appearances include KEARTH 1010 with Vivian Porter, Visions and Views with Pat Prescott on KTWV, 94.7 The Wave and The Aware Show with Lisa Garr on KPFK, 90.7. Adoley is the co-host of a cable show along with her partner Deborah Deras entitled, "The Power of Synergy". She is a contributing writer in the 2004 bestselling Chicken Soup for the Body and Soul. Her new book (with Deborah Deras) will be published in Spring 2005.

In her leisure time, Adoley loves to travel, dance and watch movies. She is happily married to Jim a writer, filmmaker and entrepreneur.



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Deborah Deras



Speaker • Master Results Coach • Seminar Leader

Deborah Deras is the co-founder of Synergy Unlimited, a self-mastery company that uses the power of the mind to get at the root cause of productivity challenges. She is a sought after speaker, trainer and life coach known for her dynamic energy, charisma and interactive style. She captivates and inspires her audiences to maximize their potential and improve the quality of their lives.

Her most popular requested presentations are:

Time Expansion	: How to Achieve More with Less Effort
The Balancing Act	: Work, Family and You TOO!
Maximizing Your Potential	: 7 Keys to Success and Fulfillment
Confessions of An Adrenalin Addict	: Create Success with Ease & Grace
Breakthrough Goal Setting	: Shifting from Resolutions to Results

→ Deborah has a Master of Science in Counseling from California State University, Los Angeles, is a nationally certified Rehabilitation Counselor and holds certifications in Neuro Linguistic Programming and Hypnosis. She is a Professor in the Human Services Department at the University of Phoenix.

Over the past decade, Deborah has coordinated the largest Cinco de Mayo Career Expo in Southern California. She co-founded the first ever Latina Business and Entrepreneur Network and is President of the first Bilingual Latina Toastmasters Club in Los Angeles. Her passion and dedication to the Latino Community has led her to receive numerous awards including a nomination for Latina of the month by the National Latina Business Women's Association and Latina Entrepreneur of the Year 2003 & 2004. She is also regularly featured as an expert speaker and coach in Latina and Catalina magazines.

Because of the exceptional results and impact of her work Deborah has been featured on numerous television and radio programs. Most recently she appeared on KEARTH 101 with Vivian Porter, Visions and Views with Pat Prescott on KTWV, 94.7 The Wave, The Aware Show with Lisa Garr on KPFK, 90.7 and is the co-host of a cable show along with her partner, Adoley Odunton, entitled "The Power of Synergy".

In her leisure time Deborah loves to travel, dance and spend time reading a good book. She is married to a wonderful man, Ennio Deras a talented artist and her biggest fan. She has completed four marathons and two sprint distance triathlons.



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Clients

→ Publications

Chicken Soup For the Body & Soul (Contributing Writer)
Latina Magazine (Featured Expert)
Monthly column in Inglewood Today
Monthly column in Crenshaw Times

Monthly Column in Sounds & Sisters
60 Tips to Balance, Joy and Fulfillment
52 Steps to Creating a Life You Love
Catalina Magazine Feature Article on Happiness Tips

→ Media Interviews

RADIO SHOWS

KPFK 90.7FM- The Aware Show
KOST 103.5FM
KBIG 104.3 FM
KTYM 101.9
KPFK 90.7
KUCR 88.3 FM-Radio Azlan
KTWV 94.7 The Wave

PERIODICALS

La Opinion Newspaper
World Institute on Disability
Western Law Center Journal

TELEVISION INTERVIEWS

KTLA-Ch 5, Pathways
KWHY-CH 22,
Our Community-Our Town
KMEX-CH 34, Sexto Dia
Adelphia Cable, Compton
Comcast Cable-Santa Monica
Time Warner-Torrance

Chambers/CIVIC ORGS

Carson Chamber
Hispanic Chamber: San Diego
Latin Business Association
Employability Journal
Manhattan Beach Kiwanis
Malibu Rotary Club
West Los Angeles Chamber

SPOKESPERSON TV

ZEST Soap (Spanish)
PacifiCare (Spanish)
State of CA-(Spanish/English)
Orientation Video
Diversity Employment
Source, Career Expo Emcee

Womens Groups

Natl. Latina Business Women
Womens Referral Service
Network Empowering Women
West Los Angeles Chamber
Women's Biz Entrepreneur Network
Natl. Assn of Female Execs
Prof'l Women's Round Table
Women In Film

→ Partial Client List

ORGANIZATIONS/COMPANIES

Zest Soap
Pacific Care
City of Long Beach
City of Filmore
Amgen
Parents as Teachers National Conference
Century 21 Realty
Johnson Diversify
Symphony Entertainment
ACW of Caltech
JPL
Employment Development Dept. LA.
Assistance League, Hayward
Angeles Mesa
Aids Project Los Angeles
Advertising Photographers of America
Easter Seals
Propath Inc

COLLEGES & UNIVERSITIES

Los Angeles Unified School District
California State University, LA
University of Phoenix
Santa Monica College
Rio Hondo College
Pepperdine University
Hispanic Association of College & Universities
Culver City Adult School
Southern California Youth & Family
UC Irvine: Crystal Grove Auditorium
Fresno Pacific Universities
Los Angeles County of Education
Minnesota State University
Sigma Sorority
Armstrong Atlantic State University

LATINO & AFRICAN-AMERICAN ORGANIZATIONS

Hispanics Organized for Political Equality
San Diego Hispanic Chamber of Commerce
Latin Business Association
Harvard Alumni Association
Natl Latina Biz Women's Assoc.
MANA (Latina Mentorship Org)
Lambda Theta Nu Latina Sorority
Latino Empowerment Foundation
The Links
100 Black Women Coalition
Black Data Processing Associates



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