

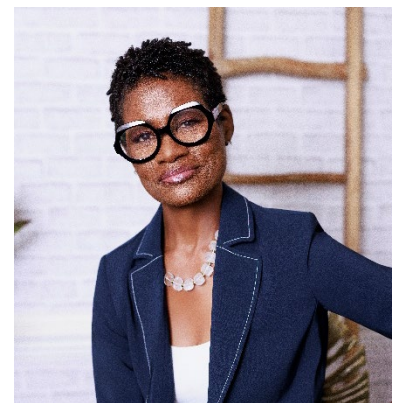
WOMEN LEAD NC

DECEMBER 2, 2026 | RALEIGH, NC



Debra Loban, MA, LCMHC

Debra Loban, MA, LCMHC, is a licensed psychotherapist, wellness consultant, and speaker with more than 20 years of experience helping individuals and organizations cultivate resilience, wellbeing, and sustainable performance. Licensed since 2005, Debra has dedicated her career to supporting emotional health, personal growth, and workplace effectiveness through evidence-based strategies and compassionate, client-centered care.



Since joining Duke Personal Assistance Service (PAS) in 2017, Debra has provided counseling, consultation, and organizational support to employees and leaders navigating personal and professional challenges. Her work is grounded in the belief that wellbeing is not simply the absence of distress, but the intentional management of one's mental, emotional, physical, and energetic resources.

Debra integrates principles from Locus of Control Theory, Change Management Theory, and Abundance Consciousness to help individuals and teams develop greater self-awareness, adaptability, and personal empowerment. She is particularly passionate about helping people recognize their capacity to influence outcomes, navigate transitions effectively, and cultivate a mindset that supports growth, possibility, and wellbeing.

Her areas of professional interest include energy management, leadership and management consultation, workplace wellbeing, emotional intelligence, professional boundaries, and self-care strategies. She frequently consults with leaders and organizations on creating healthier workplace cultures that foster engagement, accountability, and sustainable success.

Debra is also the author of *Six Laws of Self-Care*, a framework that redefines self-care as a comprehensive process of wellness management rather than a collection of isolated activities. Through her writing, training programs, and consulting work, she helps individuals and organizations move beyond burnout and create meaningful, lasting wellbeing.

Known for her practical wisdom, engaging presentation style, and ability to translate complex psychological concepts into actionable strategies, Debra is committed to helping people thrive personally, professionally, and energetically.