

# Deborah Lysholm

## MOVING TO A NEW BEAT

### “HOW TO GO FROM VICTIM TO VICTORIOUS”

Deborah shares her inspirational journey to leave a 23-year physically and emotionally abusive marriage that culminated in her fleeing from a rifle aimed at her, to winning the first domestic violence law suit in US Civil Court and risking everything to successfully pursue her dream to build an internationally highly regarded performing arts center with partner studios in Europe and Asia.



### The Statistics are Startling

- One-third of American women have suffered domestic abuse from the hands of an intimate partner. *(US Department of Justice)*
- Nearly 2,000 people were killed last year by an intimate partner and an estimated 3 million incidents of domestic violence against women by a current or former intimate partner were reported. *(US Department of Justice)*
- Domestic violence is the leading cause of injury to women, and the leading cause of death for women in the workplace. *(Institute on Domestic Violence)*
- The annual cost of domestic violence and associated property loss, ambulance services, police response, pain and suffering, criminal justice system came to \$67 billion last year. Domestic violence has been estimated to cost employers \$3 billion each year. *(Institute on Domestic Violence)*
- Domestic violence affects everyone - women, men, children and the elderly. It is not just a women's issue.
- Domestic violence affects all workplaces because 96% of victims experience problems at work due to abuse, 74% are harassed while at work by their abuser, 56% are late to work, 28% leave work early and 54% miss entire days of work. *(Institute on Domestic Violence)*

### BE INSPIRED! BE MOTIVATED!

Deborah will inspire you with her emotional and passionate journey to start over including the first-ever domestic violence law suit brought in US Civil Court. She will share with you her process to pursue a dream and the obstacles she overcame as she crawled out of the ever-deepening pothole of abuse and gracefully spread her wings.

### Your audience will:

- Learn the devastation domestic violence causes on a personal level, to families, at work, and to society at large.
- Get a clear understanding of why it is so hard to leave an abusive situation.
- Learn how to help a victim of domestic violence, and how to help themselves, if they are in that situation.
- Learn the process to reclaim themselves and to start over.
- Understand that victims of domestic violence do have choices.
- Understand how law enforcement and judicial systems can better help victims of domestic violence.
- Hear the consequences of violence in the home from a child's perspective.

In July 1993, after leaving an emotionally and physically abusive marriage of 23 years, Deborah Lysholm filed the first-ever domestic violence law suit in US Civil Court. After the case was settled in her favor, she immediately sold her home and everything she owned to finance the construction of her own internationally highly regarded performing arts center, Heartbeat Studios. She has since become a sought-after speaker on domestic violence issues and for her inspirational and motivational

story. Deborah is an accomplished performer, choreographer and master instructor of dance, an art form that became her salvation. Her odyssey from being a victim to being victorious has appeared in numerous newspapers, magazines and on television. Deborah's presentations before the Minnesota Judicial and Legislative committees helped change the laws in Minnesota regarding domestic violence. She has been a featured speaker at scheduled public and private events. Deborah was twice nominated for the SGMA Heroes

Award and captured the attention of entertainment luminaries such as the late Gregory Hines, Savion Glover and jazz singer, Bobby Caldwell; all of whom visited Heartbeat Studios to show support of her quest to start a new life in the performing arts. In just a few years, Heartbeat has grown into a comprehensive performing arts center with partner studios in Europe and Asia. Deborah performs and teaches world-wide and her unique story follows her in her travel as she inspires people to have a dream and pursue it. She is definitely moving to a new beat.

“She has a very pure heart. Her life is taking off now and she deserves it. She is a rose in bloom.”

*The late Gregory Hines, Pioneer Press interview, 1998*

“I was happy to come to her studio. For all of the work she is doing to bring attention to domestic violence, I can’t think of a better cause to give my time to.”

*Bobby Caldwell, singer/composer, CBS Television interview, 1999*

“Thank you for sharing your story with our students. Your heart-felt message added much to our Student Life Center program.”

*Maggie Mortenson, Dakota County Technical College*

“She rose like a Phoenix from the ashes when her studio was built.”

*Donald E. Horton, Attorney*

“Even though according to monetary standards you own what’s on your back, I think you have a wealth of resilience, creativity, compassion, passion, drive and just darn good humanity. I am so honored to have met you and hear your motivational story.”

*Crysta Wille, Human Resources, St. Paul Companies*

“You do not know me but I read the newspaper article on you and I just had to send you this card to let you know that you are a true story of redemption. I admire your courage in letting people know that there is hope to get out of a bad situation and that you can move on.”

*Anonymous writer*

“Deborah, thank you so much for your motivational presentation. It greatly assisted us with our training”

*Dianne Vierling, Director, Community Action Council*

“Thank you for sharing your story and enlightening the police officers who must respond to calls regarding domestic violence. It is one thing for us to deal with these calls day to day and become immune to the dynamics of the situation; it is another for someone to have to live in this situation day to day and do all that they can to simply stay alive.”

*Officer Bill Miklus, Burnsville Police Department*

“Your story and drive are uplifting and stand to help hundreds, if not thousands of people. You touched the hearts of many who I am sure wish you well in whatever you do. Your presentation added tremendously to our Adult Forum program.”

*Pastor Paul Harrington, Shepard of the Valley Church*

## **Media Coverage**

- Blog Talk Radio “Ask Dr. Annie Abram”: Radio interview with Dr. Annie Abram, October 1, 2012.
- My Talk Radio 107.1: Radio interview with Joan Steffend, June 15, 2011.
- FOX affiliate, KSTP “Morning Show” featured guest
- United Way promotional television campaign
- Minneapolis Star Tribune (front page)
- CBS affiliate, WCCO “Dimension Report” featured story (two segments)
- Thisweek Newspaper (front page)
- Thisweek Newspaper (Four featured issues)
- The Minnesota Experience talk show featured guest
- City Pages Newspaper (featured article)
- St. Paul Pioneer Press (front page)

## **Published Articles**

- “Surviving in Rhythm”, published January 2006, ITA International Dance Magazine, ON TAP
- “East Meets West”, published March 2006, ITA International Dance Magazine, ON TAP

## **Sample Client List**

- Shepherd of the Valley Church
- Minnesota State Capitol with Senator Wellstone
- Robert Lewis House for Battered Women
- City of Burnsville Police Department\Apple Valley Chamber of Commerce
- Dakota County Vocational College
- Minnesota Association of Psychologists
- Minnesota State Bar Association
- Community Action Council
- ISD 196 High Schools
- Domestic Violence Awareness Rallies

Available in keynote and seminar formats  
For information on availability contact:  
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