

Recover Your Life: The Power of Pause Process

In this powerful and emotional presentation, Linda shares how she has faced and overcome significant life challenges, obstacles and adversity - and then inspires you to transform every aspect of your life.

She introduces principles from her new book, *The Power of Pause: simple meditations for complicated lives*, and then guides you through several processes to help you immediately identify, shift and let go of problems at their source – inside you.

The Power of Pause Process is a radical approach to business and personal coaching: It teaches people to stop struggling, be authentic, and reclaim their authority. Integrating principles from *The Four Agreements*, *DreamShifting*, *The Work of Byron Katie*, *Speak with Confidence*, and other life-changing techniques Linda has successfully used for over twenty years it helps business professionals master fear and create freedom in every aspect of their lives.

Participants will learn how to

- Solve problems once and for all
- Eliminate stress and overwhelm
- Improve productivity
- Step into their power as a leader, manager or team player
- See every challenge as an opportunity for growth
- Enjoy their life

Clients consistently report that this approach inspires and motivates them to shift whatever stands in their way so they can achieve success in their professional and personal lives.

Testimonials:

"Working with Linda has transformed my life and my business: I have gained confidence and tools to improve myself personally and professionally and reached new heights in my current and new career. Thank you for helping me make the best of a difficult work situation as I continue to see the light and truth inside myself." ~ Mackenzie M., President and CEO

"The effects of our session yesterday are still echoing through me today. I feel an incredible lightness of being." ~ Mike M., President and Television Producer

"Linda's coaching has taught me how to focus on what's essential, work fewer hours, make more money, and be happy!" ~ David H., Mortgage Lender

"I never knew that I could have so much fun leading my company!" ~ Kathy M., Entrepreneur