

Introducing Linda Landon



Linda Landon, PCC (MCC pending), is an International Coach Federation certified business coach, trained recovery coach, Deep Coaching practitioner, experienced seminar leader, and author. She mentors professionals and executives in recovery to deeply transform themselves and their organizations. Linda uses powerful tools for self-awareness, including The Enneagram, The Work of Byron Katie and other mindfulness methods to help her clients evoke their deep intelligence and achieve results beyond what they know to be possible. In 2009 she published her first book, *The Power of Pause: simple meditations for complicated lives*.

Typical clients include executives being promoted into positions of leadership, CEOs who feel stuck in the middle of a major life transition and need support to create a new path for themselves, or an entrepreneur who has become totally obsessed with work and lost a sense of balance or life purpose. Executives in recovery from substance abuse or process addiction choose Linda as their coach because she understands the unique stressors of maintaining recovery while running a business.

With more than 25 years experience in coaching, consulting, marketing and running several businesses, she is president of Linda Landon & Associates, a national coaching and training company based in Los Angeles. A native of New York, Linda received her BA from Trinity College, and then went on to study a wide range of healing modalities and mindfulness techniques that deeply inform her work. She also graduated from the Deep Coaching Institute, New Agreements Coach Training and Leadership Institute, and Crossroads Recovery Coaching. Further education includes a mentorship for four years with don Miguel Ruiz, author of *The Four Agreements*, and over five years' study of the Diamond Logos tradition. Currently Vice-President of WAAT (Women's Association for Addiction Treatment), and mentor for the Deep Coaching Institute, Linda leads recover coaching groups at Professionals Treatment at Promises and Clearview Treatment Center.

Linda's capacity for intuitive knowing, clear thinking and deep empathy allows her to see through familiar patterns and conditioned thinking that obscures one's connection to essence. She helps clients recognize and shift core coping strategies they've used to manage stress, so they can tap into their deeper knowing, expand their sense of self, and choose new possibilities. As a result they become more conscious and accountable, perform with more creativity, and achieve unimaginable results both professionally and personally.

Partial list of Speaking Engagements

Conferences

The Power of Pause: Master Your Fear & Speak With Confidence

2012 Public Relations Society of America International Conference (PRSA)
 2010 Hospitality Financial & Technology Professionals (HFTP)
 2010 Cape Cod 23rd Annual Symposium on Addictive Disorders (CCSAD)
 2009 Lesbian & Gay Psychotherapy Association (LAGPA) 15th Annual Conference
 2009 International Association for Public Participation (IAP2) 17th Annual Conference

Recovery Coaching: A new tool to support your client's recovery

2011 & 2012 West Coast 2nd & 3rd Annual Symposium on Addictive Disorders (WCSAD)

Reduce Stress & Revitalize Yourself Using The Power of Pause

2012 West Coast 3rd Annual Symposium on Addictive Disorders (WCSAD)

Don't Take Things Personally: The Secret to Effective Leadership

2008 Inland Empire Women's Conference
 2008 International Conference on Business & Consciousness
 Closing Plenary: 2007 California Association for Alcoholism &
 Drug Addiction Counselors (CAADAC) Annual Conference
 Kansas City Project Managers Institute Annual Conference Visionary Business Conference
 Independent Community Bankers of America Convention (ICBA)
 Women's Business Success Conference

Trainings and Workshops

Create Financial Freedom: A Fear Mastery Workshop

Actors' Network Studio, Hollywood, CA 2009 * Half-Day Retreats, Los Angeles, CA 2009

The Power of Pause: Speak with Confidence

Vistage Executive Training Program 2010 * Insight LA Half Day Retreat 2010
 Int'l Coaches Federation (ICF) Teleclass 2010 * Classes & Retreats, Los Angeles 2008-10
 Professional Coaches & Mentors Association (PCMA) 2009-10 * Santa Monica Co-Op 2009-10

Don't Take Things Personally: The Secret to Effective Leadership

Microsoft Live Office Seminar * Young Entrepreneurs Int'l Quarterly Training
 National Association of Catering Executives
 Re/Max Realtors * Keller-Williams Realty * Los Angeles Founder's Church

Recovery Coaching

Professionals Treatment at Promises * Clearview Treatment Programs * Bridges to Recovery
 2008 Annual Addiction Treatment Centers & Professional Consortium of California

Shift Your Perspective and Change Your Life: The Power of Your Word

Bolden & Martin Law Firm * Whole Foods Marketplace * LAX Coastal Chamber of Commerce

**Business & Recovery Coach – Professional Speaker – Trainer – Author
Vistage Presenter- Trained Speaking Circles® Facilitator****Individual and Customized Presentations****The Power of Pause: Speak With Confidence**

Did you know that most people's number one fear is of speaking in front of others? Are fear and anxiety about presenting holding you back in your career and in your life? This highly experiential presentation will teach you to authentically and immediately connect with your audience and ensure that your message is seen, heard, delivered, and received. You will learn how to capture your audience's attention even before a word is spoken.

The Enneagram: A simple and inexpensive tool to open doors in client treatment

The Enneagram is an elegant and well-developed map of consciousness that is being adapted by therapists, counselors, spiritual directors, and coaches for use in private practice. Clinicians can use the Enneagram to support their clients' journey towards wellbeing and health, as well as to better understand themselves in relationship with their clients.

Reduce Stress and Revitalize Yourself Using The Power of Pause

This experiential workshop draws on principles from Linda's book, *The Power of Pause: simple meditations for complicated lives*. Participants experience exercises that teach them to stop, become aware of behaviors and thoughts that can cause stress and overwhelm, and immediately drop into a calmer place that brings effectiveness, and a sense of peace.

Recovery Coaching: A new tool to support your client's recovery

Recovery Coaching is emerging as viable support for clients in addiction recovery transitioning back to 'normal' life. In this interactive workshop participants will be introduced to Recovery Coaching and how it can complement the continuum of care. We will review the history of coaching, how Recovery Coaching evolved, and what kind of training is required. We will also examine the differences between coaching, therapy, and sponsorship – as well clarify what distinguishes Recovery Coaching from sober coaching and sober companions.

Don't Take Things Personally: The Secret to Effective Leadership

Free yourself from the opinions and actions of others, stay peaceful in any situation, take effective action, and inspire your team to excel. Learn how to work easier and produce more, unleash your creativity and expand your business to the next level using principles from New York Times bestseller, *The Four Agreements*®.

SPEAKER SERVICES

4023 Meier St, LA, CA 90066
310-822-4922 - susan@speakerservices.com

To whom it may concern,

This is Susan Levin, owner and founder of Speaker Services at www.speakerservices.com. Linda Landon is one of the speakers listed in our directory, which has been bringing speakers and audiences together since 1992. She has been listed on our site for about four years and also has attended many of our training events. She was a keynote speaker at our most recent event, the Visionary Business Conference, held in February 2007.

She is highly qualified as a speaker on *The Four Agreements* at Work and offers an excellent presentation. She connects with the audience on a deep level. She is a coach and has a background in the corporate market. I am assuming she has made her video demo available to you. If not, go to this link to see it <http://speakerservices.com/speakers/detail/91> and also to hear a short audio clip.

I have heard only rave reviews about her performance and I know she has been invited back time after time by the event coordinators who book her through www.speakerservices.com.

Please don't hesitate to contact me if you have any questions.

Susan Levin

Speaker Services

310-822-4922 PST

CAADAC

CALIFORNIA ASSOCIATION OF ALCOHOLISM & DRUG ABUSE COUNSELORS

MISSION:

CAADAC'S mission is to
unify addiction focused
professionals
interested in achieving
excellence through the
attainment of the highest
levels of advocacy,
competency and ethics.



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January 21, 2008

Linda Landon & Associates
10008 National Blvd. Ste. 294
Los Angeles, CA 90034
(310) 202-6722

Dear Linda,

Thank you again for presenting the closing plenary at the California Association of Alcoholism & Drug Abuse Counselors 27th Annual Conference. We really enjoyed your dynamic seminar – Don't Take Things Personally.

The feedback we received from the participants was extremely positive. 91% of those who gave feedback, ranked you as a good to excellent speaker. Many appreciated your experiential and interactive approach. We invite you to present next year and hope you'll consider offering a pre-conference seminar as well.

We look forward to building a long lasting relationship with you.

Thank you,

Rebekah Gray
CAADAC
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October 3, 2005

Linda Landon and Associates
2624B Broadway
Santa Monica, CA 90404

Dear Linda:

Thank you so much for your dynamic presentation at our Sales Meeting on September 21, 2005.

I have had nothing but positive feedback from each agent who was in attendance. We are all excited about having you back next year for the series.

I am looking forward not only to your next presentation, but to a long and lasting relationship with you. Thank you once again.

Warmest Regards,

Carol Treadway
RE/MAX College Park Realty