

# The Power of Pause: Speak with Confidence

Facilitated by Linda Landon, PCC (MCC pending)



**Linda Landon**, PCC (MCC pending), is an International Coach Federation certified business coach, trained Speaking Circles Facilitator®, trained recovery coach, Deep Coaching practitioner, and experienced seminar leader. She mentors professionals and executives in recovery to deeply transform themselves and their organizations. She is also the author of *The Power of Pause: simple meditations for complicated lives*.

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. She is president of Linda Landon & Associates, a national coaching and training company based in Los Angeles and Vice-President of WAAT (Women's Association for Addiction Treatment).

*"Linda is, without a doubt, one of the most important advisors upon whom I rely in business and in life. Working with her has made a significant and positive impact on both."*  
~ Virginia G., CEO, Swell Strategies

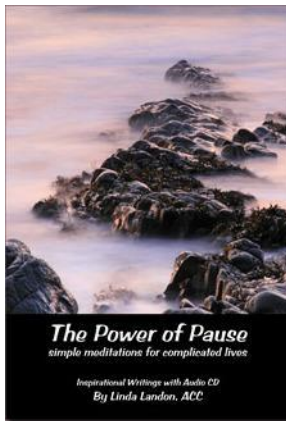
*"Speak With Confidence has helped me engage an audience spontaneously and authentically, whether it's a group of five or five hundred."*  
~ Sharon L., Consultant and Speaker

**Did you know that most people's number one fear is speaking in front of a group?**  
**Do you sometimes find it difficult to connect with others?**

Learn how to have a relaxed and powerful presence that will engage, inspire and motivate anyone listening to you, no matter where you are or what is going on around you. Whether addressing clients, colleagues, employees, or a room full of strangers, **The Power of Pause: Speak With Confidence** will help you become a masterful, compelling and confident speaker, and positively impact every aspect of your life.

A trained **Speaking Circles**® facilitator, Linda Landon will teach you how to bring mindfulness to the practice of public speaking. You will learn how to authentically and immediately connect with your audience - even before a word is spoken, ensuring that your message is seen, heard, delivered and received.

**At the end of the training, you will receive a free DVD of yourself speaking in front of the group.**



**The Power of Pause:  
Speak With Confidence**

**Offered as  
On-site Training  
at location of your choice  
or Six Week Series  
in West Los Angeles**

**CEUs\* available for CA MFTs and LCSWs**

**To register, go to  
[www.lindalandon.com/speaking.htm](http://www.lindalandon.com/speaking.htm)  
or call (310) 202-6722**

\*Courses meet CE credit qualifications for MFTs and LCSWs as required by the California Board of Behavioral Sciences (PCE#4033).