

## About Linda

*Linda's life purpose is to live passionately and to inspire individuals to strive for growth, well-being and openness. She loves to write articles that inspire others to live the life they so deserve. As The Solution Lady, her vision is to offer individuals solutions that fosters a fulfilled and healthy life-style, full of passion and authenticity.*

*The Solution Lady's services include education and ongoing coaching to help you find the solutions to connect to your life. Linda speaks, writes and presents in English and in French.*

### **Participants say**

*I would recommend Linda's courses to others who deal with the public on a regular basis so they can learn to deal effectively and efficiently with work place stress and difficult persons. The courses are taught in a relaxing and open environment. I highly recommend any course Linda offers.*

*Cathy Gemmill,  
Napier and Thomas Insurance*

*...you always have good advice and your efforts are really appreciated.....Brian, North Bay*

Contact Linda Robert

At

[linda@thesolutionlady.com](mailto:linda@thesolutionlady.com)

[www.lindarobert.ca](http://www.lindarobert.ca)  
[www.thesolutionlady.com](http://www.thesolutionlady.com)

Personal Coaching  
Personal Development  
Courses and Seminars

---

**The Solution Lady**

*Find the Solutions to  
Connect to Your Life*

---

---

**The Solution Lady**

613-795-6758  
Email: [linda@thesolutionlady.com](mailto:linda@thesolutionlady.com)

# Personal Skills

## **Self-Care (RIBO 3 hours or 6 Mgt hours )**

For many, self-care is an almost obvious good idea, but it can be difficult to get very interested in it until, you can get a picture of how to make a comprehensive and radical change in how you approach it. This program is for you if you work in a fast –paced environment and are trying to maintain a certain level of sanity.

Available in

- Downloadable file

## **Manage Your Stress (RIBO 7 hours and 3.5 of P.S.)**

Stress is a common factor in our life. Stress is also the most common cause of ill health in our society, probably underlying as many as 70% of all visits to family doctors. This course addresses What stress is, common coping strategies and relaxation techniques. Participants will be given strategies to manage stress at home and at work, tips on nutrition and exercise, relaxation techniques and more.

Available in

- Distance education
- Seminar
- Downloadable file

Want an in house seminar?  
Call me and we can discuss it

Will do luncheon series!

## **What is Wellness? (RIBO 2 hours)**

This wellness course introduces the concepts of wellness and its various domains. It will help you to understand what is truly important to you in order to maintain your health.

Available in

- Downloadable file
- Seminar

## **What nourishes you? (RIBO 4 hours)**

This course introduces you to the concepts of nourishment in order to maintain a quality of life. It will help you to add nourishment to your life in order to maintain your well-being.

Available in

- Downloadable file

## **Taking Time for You (RIBO 4 hours)**

Whether you're a corporate executive working sixty hours a week, a single parent trying to raise a family or someone who's tired of feeling stressed and pressed for time, you have a choice about how to live your life. Based on Cheryl Richardson's work, this course will make you take a step back, reevaluate your priorities, and make a conscious decision about the future you'd like to create. Book required. Course available in

- Downloadable file

# Other Services

- Personal Coaching
- Free Newsletter

## **Other seminars/workshops/topics**

### **For you**

- Communication 101
- Maintaining Balance while in transition
- The Real Deal: What's behind the Issue
- Living with a Sick Parent
- Surviving the Holidays Alone
- Designing your 'Perfect' Life
- Our Life Purpose, Our Values and Choices
- Work: Just how important is it?
- Stress and unemployment
- Using relaxation techniques to find the right job
- Attracting the 'perfect' job
- Stress Management 101

### **For parents**

- Parenting Your Children
- Nourishing your child

### **Courses**

- Divorce Recovery 101
- Wellness 101
- Walk and Talk: Manage Your Stress for Women

### **For singles**

- Dating with Awareness
- Newly Single? Now what?
- Date Yourself First
- Three Musts when your newly single
- Finding the Right Partner
- Being a Happy Single
- Internet Dating: The Ins and Outs

**Have an idea? I'd love to design a seminar or program just for your team!**

## **The Solution Lady**

613-795-6758

Email: [linda@thesolutionlady.com](mailto:linda@thesolutionlady.com)