

Linda Meyerholz, MS, LMHC

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WORKSHOPS/PRESENTATIONS

TOPICS

For Human Resources Professionals and Small Business Owners:

- Workplace communication
- Emotions in the workplace
- Workaholism
- The high cost of dysfunctional employees
- Workplace aggression and violence
- Improving your bottom line and morale

For Mental Health Professionals and Law Enforcement Officers:

- Understanding addictions and codependency
- The underlying causes of domestic violence
- Treatment models
- Strategies for coping with on-the-job stress

For Religious Leaders:

- Parenting children to have a healthy view of God
- Integrating a 12-step recovery program with religious beliefs

Linda will also create programs upon request based on the specific needs of your company or organization.

RESUME

Florida School of Addiction Studies

Florida Alcohol & Drug Abuse Association

Florida Department of Health

SW Florida Addictions Services (54 workshops for residential and day treatment clients plus their families, friends, co-workers, etc., plus workshops for professionals seeking Continuing Education Credits

Unity Church, Bonita Springs

Riverside Baptist Church

Bonita High Twelve Club (Masonic Temple)

Forest Manufacturing, Inc. (Cleveland, Ohio)
The American Veterinary Medical Association Convention, Nashville, TN, July,
2002 (The Connection of Veterinary Medicine to a Revolution in the
Treatment of Addictions, Domestic Violators, and Animal Abusers)
Unity of Naples
Unity of Louisville (Kentucky)
Resurrection Church (Solon, Ohio)
International Doctors in Alcoholics Anonymous, August 2004.

TESTIMONIALS

Recovery from Childhood in America made me realize that major problems in interpersonal relationships are a result of problems in your spiritual life. As a young girl, I was taught not to have my own feelings and opinions. They were challenged and denied, and I was made to believe other's thoughts and ideas were better than mine. I took Linda's workshop and learned that the biggest lack in my life was relying on people, places and things for my source of happiness. I have since been building up a strong spiritual life with my God as my number 1 relationship. I no longer sit alone in fear. And in my career as a teacher, I have become more loving and patient as I grow more loving and patient with myself."

Agnes Story, Teacher and Artist

Anyone who owns or runs a business of any size should read *Recovery from Childhood in America*. This book has changed my personal and business life in ways I could never have imagined. I learned what was holding me back and creating obstacles in my life that prevented me from being all that God intended me to be. With the knowledge I gained from reading Linda's book I have become a much better father, friend and business leader. The positive changes in me have clearly passed through me to my employees to forge much deeper and positive relationships and communications with them at all levels.

Randy Thibaut, CEO, Land Solutions Inc.

In the spring of 2005, I read Linda's book and later attended a seminar for men during which Linda explained the damage done to interpersonal relationships and one's spiritual life by the disconnection from emotions experienced by most males in our society. I recognized these symptoms in myself: inability to recognize my emotions, superficiality of most of my "significant" relationships, a lack of empathy with others, a tendency to try to control others, alternating feelings of low self-esteem and overconfidence,

a pattern of sabotaging my own efforts, and a lack of awareness of the relational dynamics between my spouse and me.

As a result of my learning about the critical role of emotions in the Human Navigational System, I was able to increase my awareness of my own emotional states, to become comfortably and appropriately expressive of them, and to become aware of the dynamics in my relationships, both personal and professional. This work has improved my spiritual life, my personal relationships with my wife and children, and my interactions in my work as a teacher. I now have returned to school to complete a graduate degree in counseling to help more men and women to lead the kind of life they were born to experience.

*David Llewellyn, Teacher, musician,
candidate FGCU Master of Psychology*

I read a small part of *Codependency Sucks* and made an appointment. I found Linda's style and method refreshing after having been to many therapists over 30 years. I just could not shake depression that would come and go, and I was unhappy in my marriage.

I had stopped drinking and drugging over 20 years ago by using 12-step programs, yet something was missing in my life. During eight months of working with Linda, my life has turned around and I feel I am on a new path. I have more energy, my depression is nearly gone, and I feel totally differently, for the better, about myself and my spouse. I have rediscovered my work as a photographic artist.

Linda's own story, which she freely shares, gave me confidence that she knew what she was talking about. Her completely non-judgmental, loving and hopeful approach was essential to my success.

Dennis Church, Owner, Cardinal Management, WI

Linda's unique approach to counseling has changed my life. Years of counseling with other therapists did nothing to help me improve. Working with Linda on affirmations, learning to love myself and seeing how my childhood has shaped who I am today was powerful in my life. She taught me that I could make new choices regardless of my past.

With Linda's help, I found the strength to leave a codependent marriage, I attracted abundance into my life, and I continue to meet healthier people as I grow emotionally and psychologically healthy. I also have embarked on a new career path that is an expression of my deepest and truest self. Linda

gave me tools that I continue to use today and every day to live my life in peace, abundance and full self-expression.

Alison Peet, Candidate FGCU Master of Psychology

This past fall we had Linda to come to our home in Wisconsin to present a workshop for our several recovering friends. We had 18 people and would have had more if our house had been bigger. Our recovery group loved Linda's workshop and her books so much that several people asked if she could return in 2007 and present another workshop. Linda has been an inspiration not only for my recovery program, but for my life.

Mary Lou Church, Owner, Cardinal Management, WI