



Linda Edgecombe

Work-Life Balance Expert, Former
PARTICIPACTION consultant

Batteries Included: Lessons to Energize and
Balance Your Life

Linda Edgecombe energizes every room she speaks in -- bringing to the stage 20 years of recreation, employee wellness, lifestyle and corporate consulting experience. A consultant for the popular PARTICIPACTION program -- which promotes healthy living to Canadians -- Edgecombe leads people to loosen up, lighten the load, and laugh, inspiring them to find the meaning in what they do and let go of what's not working. Featured in the *Wall Street Journal* as an expert in "Shifting Perspectives", Edgecombe is an acclaimed motivational speaker and the recipient of the National Peter Legge Storytelling Award of Excellence.

Select Keynote Presentations by Linda Edgecombe

Batteries Included: Lessons to Energize and Balance Your Life

Edgecombe leads your group through an educational, hands-on, and humorous ride -- including activities -- that will re-energize your team. In a keynote, or a half or full day workshop, she leaves you with ideas on how to drain negativity and produce more positive effects, keys to increasing energy levels, and steps to move towards a more balanced, energized work and home life.

Positive Spin: Perspectives at the Speed of Life

Edgecombe gets her audiences laughing while they move from a 'blame mentality' to 'accountable thinking.' She covers the steps to move towards accountable attitudes and helps you develop a plan for 'shifting perspectives', 'facing your fears' and 'dumping excuses' in the face of change, and looks at how to formulate an Action/Focus Plan vs. a Perfection Plan.

Team Leadership "Survivor" Style

In this full or half day workshop, participants examine themselves and their teammates through Survivor-style activities -- learning how to become a fully operating, effective team. Edgecombe leaves you with a greater understanding of yourself and your impact on team outcomes, an understanding of age diversity, and an action-plan to make meetings more productive.