

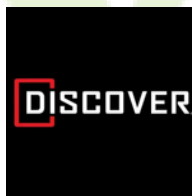


Kathy Lindert

Empowerment Mindset Mentor & Trainer

Kathy has empowered individual employees and teams at leading companies like Verizon, ADP, and ESD to achieve success in various aspects of their mission, vision and lives. Her expertise lies in stress management, smoking cessation, weight loss, public speaking and sales confidence training. She equips participants with the confidence and communication skills necessary to thrive in any situation.

AS SEEN IN



SIGNATURE TOPICS

- Identify Your Roadblocks to Progress
- Doubt to Confidence
- Unburdening: Anger & Stress Relief
- Speak Power into Your Life With Words
- Thrive, Don't Survive

LET'S WORK TOGETHER!

Please feel free to contact me for any concerns or questions.

✉ kathy@mentaledgellc.com

🌐 www.mentaledgellc.com



📍 15720 Brixham Hill Ave Ste 300
Charlotte, NC 28277

📞 (704) 769-3400



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kathy@mentaledgellc.com

704-769-3400

15720 Brixham Hill Avenue, Suite 300, Charlotte, NC 28278







KATHY LINDERT

CHANGE MAKER/TRAINER

EXPERIENCE

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CORE COMPETENCIES

-  Breaking Free: Identify Your Roadblocks to Progress
-  From Doubt to Confidence: Overcome Limiting Thoughts & Embrace Growth
-  Public Speaking with Confidence
-  Unburdening: Anger & Stress Relief
-  Speak Power into Your Life: Achieve More with Words
 - Motivation
 - Imposter Syndrome
 - Taking Risks
 - Stepping Outside of Your Comfort Zone
 - Hypnotic Story Telling to Tell Stories That Heal
-  Self Care
 - Thrive, Don't Survive: The Unbreakable Bond Between Body & Mind
 - Stress in the Workplace/School. Let It Go.
 - Learn to Relax in Under 5 Minutes
 - Treating Yourself with Respect
 - Healing Burnout

NAICS CODES

- 541618 - Other Management Consulting Services
- 611430 - Professional and Management Development Training
- 621340 - Offices of Physical and Occupational, Speech and Auditory
- 611699 - All Other Miscellaneous Schools and Instructions

PSC CODES

- R499 - Support Professional Other
- R799 - Support Management Other
- U099 - Education Training General

NIGP CODES

- NIGP 95206: Alcohol and Drug Prevention
- NIGP 91803: Alcohol and Drug Abuse Consulting
- NIGP 94876: Psychologists, Psychological and Psychiatric Services, Including Behavioral Management Services
- NIGP 94886: Therapy and Rehabilitation Services
- NIGP 95262: Mental Health Services: Vocational, Residential, etc.

WEBSITE



15 MIN CHAT

