

“There’s never a better time to change than now  
and never a better person to start with  
than *yourself*”



**Linda Bonnar**  
Master NLP & PCC Coach,  
Author & Trainer



*Through passion, drive, and a commitment to excellence, Linda’s mission is to provide business executives and future leaders with an outstanding executive coaching service which educates, empowers, and encourages powerful, successful change through action.*

*Linda empowers her clients with a range of skills, tools, and techniques to overcome their challenges successfully, and move forward confidently in their lives.*



**Linda Bonnar**  
Personal & Corporate Coaching

[Lindabonnar.com](http://Lindabonnar.com)

## Professional Bio:

Linda Bonnar is a pragmatic and client-centred Master NLP Coach & Practitioner, Co-founder, author, trainer and keynote speaker. She combines her sixteen years of educational experience with her a wealth of coaching certifications, NLP training and Positive Psychology to empower her clients to maximise their full potential.

Linda’s mission has always been to make a positive difference in the lives of others. This led her into a 16-year teaching career, to establish her own coaching business, write three personal development books (*PRESS PLAY*, *The START 30-day Journal*, and *Just Three Things*) and to become the Co-founder & Director of Content for the wellbeing app for schools and businesses, Upstrive.

As a corporate coach, Linda has coached employees in global companies such as Google, Salesforce, Chevron and Warner Media, in areas of leadership, executive and career coaching. An engaging and vivacious keynote speaker, Linda talks about a range of topics pertinent to personal growth and professional development including goal setting, activating happiness and stress management.

Originally from Ireland, Linda now lives in New York City with her husband Stephen and their two tortoises. An avid runner, Linda has completed 14 marathons, two ultra-marathons and numerous half marathons. As a mental health advocate, Linda constantly works to break the silence and stigma that surrounds mental health.

