



Suggested Interview Topics:

- Tame the Scattered Object Syndrome
- Set Yourself Up for Success
- Succeed from the Inside Out
- Put Your Attention on Your Intention
- How to Keep Yourself on Course to Your Goals
- Live On Your Purpose

Example Points to Cover:

- What's your background?
- How do you set yourself up for success?
- Isn't taking action the remedy for success?
- Why is being focused so important?
- How do you help your clients to focus?
- Isn't creating a plan and strategies all that's necessary for success?
- Isn't having the right mindset just positive thinking?
- How can you keep yourself motivated?

About Linda-Ann Stewart

As a vision empowerment strategist, hypnotherapist, speaker and writer, Linda-Ann works with women entrepreneurs and small business owners who are stuck and have gotten distracted by shiny objects. She empowers them to focus, master their mindset and manage their priorities, so they manifest greater prosperity, well being and freedom. She opened her private hypnotherapy practice in 1990, a few years after moving to Sedona, Arizona. A dozen years ago, she transitioned her business to coaching women to be more effective, efficient and productive. Over 300 of her articles on mindset, motivation and empowerment have been published in magazines, newsletters and online.

Linda-Ann Stewart

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Mindset. Vision. Focus.



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She opened her private hypnotherapy practice in 1990, a few years after moving to Sedona, Arizona. Over the years, she's helped hundreds of people to reduce stress, raise their self-esteem, break negative habits, achieve their goals and improve their lives. A dozen years ago, she transitioned her business to coaching women to be more effective, efficient and productive.

More than 300 of her articles on mindset, motivation and empowerment have been published in magazines, newsletters and online. She specializes in creating a vision, focusing on what you want, positively changing your mindset, autosuggestion, affirmations and self-talk.

She's spoken at many venues in the Southwest, including: associations, organizations, schools, and industry conferences. Having given presentations and workshops at annual hypnotherapy symposiums, she won the "Member of the Year" award in 1999 from the National Board of Hypnotherapy and Anaesthesiology (NBHA).

As a professional member of the National Speaker's Association (NSA), she served on the Board of the Arizona Chapter of NSA for two years. In 2013 and 2021, NSA-Arizona honored her with their "Member of the Year" award.

On a personal level, she and her husband love to hike in and photograph Northern Arizona. They also attend their state's Renaissance Festival, in costume, every year.

Linda-Ann Will Promote Your Podcast

- In her two bi-monthly newsletters
- On her Social Media accounts
- By writing about it on her blog

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