

Linda Kneidinger, MS, MEd

Speaker & Podcast Guest One-Sheet

Author of *Your Best Year Yet*
Life & Health Coach
Mindset & Resilience Expert



About Linda

Linda Kneidinger is a certified coach, writer, and educator. With an Ivy League undergraduate degree in neuroscience and two graduate degrees in psychology, she has helped people cultivate healthy habits for success for over thirty years. Linda works with individual clients and runs workshops for groups through the coaching practice she founded, Ultimate You Coaching. She lives with her family in Southern California.



About the book

Break free from old patterns and unlock your best self—one week at a time. *Your Best Year Yet* offers **52 easy personal growth challenges** to help you build new habits, shift your mindset, and live with **clarity, purpose, and confidence**.

Signature Topics

Reconnecting with Your Best Self –

An interactive session to reconnect participants with their best self, replacing self-criticism with a strengths-focused, empowering perspective.

The Power of Perspective –

How a simple change in perspective can unlock resilience, spark creativity, and transform challenges into opportunities.

Overcoming the Big 3 Productivity Blockers –

Practical tools to conquer procrastination, quiet perfectionism, and move forward—even when motivation is low.

From Burnout to Brilliance –

Actionable strategies to help participants break free from burnout and regain clarity, control, and sustainable well-being.

Tiny Challenges, Big Transformation –

The surprising science of how “big change” is best achieved through small, intentional steps practiced over time.

Audience Takeaways

- Simple, actionable frameworks for creating lasting change—without needing to overhaul your whole life.
- Science-based tools to rewire self-talk, manage stress, and build habits that support high performance and well-being.
- Relief and empowerment through recognizing that common challenges aren't personal flaws, but patterns that can be reshaped to serve greater goals.

Sample Interview Questions

- What inspired you to create *Your Best Year Yet*?
- Why are small changes often more effective than big resolutions?
- What role does neuroscience play in building our “best self”?
- What's one challenge from your book that listeners can try this week to kick-start their growth?



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For guest bookings and media inquiries, please contact me directly at the email listed above