

Linda L. Moore, Ph.D

Licensed Psychologist; Management Consultant

Topics

- Management
- Stress
- Life Balance
- Psychology
- Human Resources/Labor Relations
- Leadership

DR. LINDA L. MOORE is a Kansas City based psychologist, author, speaker and management consultant. She is President of Linda L. Moore & Associates, and the co-founder and former President of CenterPoint, an out-patient counseling center. Dr. Moore consults and speaks nationally and internationally and is known for her work with women, leadership training, stress management, and human relations.

Dr. Moore has published a book on power, *RELEASE FROM POWERLESSNESS: A GUIDE FOR TAKING CHARGE OF YOUR LIFE* (Kendall/Hunt – Second Edition) and is featured in a partial video adaptation of the book, *TAKING CHARGE OF YOUR LIFE*. She is working on a second book on the psychology of women, as well as her first novel. Her daily educational/psychology talk show was aired on KNHN radio, the former Kansas City affiliate of CNN News.

She has been a consultant and facilitator for the Phoenix based National Institute for Leadership Development for 25 years and currently facilitates a yearly leadership training series for the Central Exchange. Additionally, she conducts regular leadership training groups for Kansas City corporations.

Prior to her present activities, Dr. Moore was the Contributing Editor on psychological issues for KMBC TV 9 News; Co-Hostess and Producer of "Let's Talk", an educational TV talk show; the Associate Director of the University of Missouri – Kansas City Counseling Center; Assistant Professor of Counselor Education at UMKC; Professor at the Federal Executive Institute in Charlottesville, Virginia; a Management Consultant with a Boston firm; and a Counselor at the University of Virginia.

Dr. Moore received her doctorate from the University of Virginia in 1970. She is a member of the American Psychological Association and the Division of Media Psychology. She is an originating member of the Central Exchange; a founding member of the Metropolitan Organization for Countering Sexual Assault (MOCSA); a member of the Advisory Board of the Women's Foundation of Kansas City as well as a co-founder of the Spirituality Field of Interest Fund; a board member for UMKC's Women's Center; and the UMKC Community Counseling Center.

MOST REQUESTED TOPICS:

Effective Use of Power

Women are taught to give power away. It's inappropriate, uncomfortable. Linda helps audiences unravel disabling myths and examine the rewards of healthy, positive personal power.

Recognizing & Coping with Stress

Stress won't go away. Yet, what's the limit? How much stress is too much? Linda's presentations share the keys to successful stress analysis and change.

Life Balance 101

Yes, life is a balancing act. "Having it all" is tough. As women continue to assume responsible and demanding positions they question how to integrate personal and professional goals. Linda's presentations validate the goal of balance; they examine the fine line between chaos and change; between the "useless quest for stability" and the real possibility, the deep satisfaction, of "being in charge of your life."

Surviving Unhealthy Systems

Systems are necessary. yet they should not defeat individual well being, they should support it! Linda examines the components of unhealthy systems. She gives audiences the tools to recognize and eliminate problems and to create healthy systems that encourage growth and productivity.

The Psychology of Effective Leadership: Lead From Who and Where You Are

You are challenged to lead everywhere you go -- professionally and personally. Leading effectively obviously depends on skills. Even more essential is Knowing Yourself and the Situation. Explore a deeper level of self awareness -- your strengths and challenges. Analyze necessary next steps for greater success in your current roles and for moving to higher levels of power and leadership.

Power: The Key to Successful Leadership

Understanding power provides an essential frame of reference for your role as a leader. Examine definitions, perception, beliefs, feelings, and behaviors from both individual and system perspectives. Analyze yourself -- your successes and your challenges -- through the lens of power, and learn how to be as powerful as you're capable of being.