

# THE POWER OF EMOTION



**FOR IMMEDIATE RELEASE**

**Access the Superpower Within You.**

***Local Author Releases Second Motivational Book, *The Power of Emotion*.***

**Hamilton, ON (March 15, 2021) – 9:00 a.m.** on March 30, 2021, Linda Marshall proudly releases her second book, *The Power of Emotion, A Practical Guide to Making the Most of Your Emotional Intelligence*. This book provides thought-provoking tips and information on the tremendous power Emotional Intelligence (EI) has on individuals, both personally and professionally and it will open your mind to the remarkable power of emotion.

Linda Marshall is an entrepreneur, author, business owner, motivational speaker, television host, and thought leader in emotional intelligence. She has written two books and numerous online articles that help individuals reach their potential and strive for excellence.

“I often contemplate this thought; if our emotion is such an integral part of being human, why are so many of us cautious about being vulnerable, authentic, and publicly sharing our feelings when circumstances warrant it?” an excerpt from Linda Marshall’s *The Power of Emotion, A Practical Guide to Making The Most of Your Emotional Intelligence*.

“Like anyone who believes in self-improvement and seeks out those voices that can provide ideas, guidance and insight, Linda has spent a lifetime learning about what it means to be your authentic self. It’s not an easy road to travel: you make mistakes, the path winds and bends unexpectedly, and sometimes you’re caught in that “drive-by life” style that makes everything less clear,” explains Carol Kehoe, Executive Director, Tafelmusik.

Strong EI equals better self-awareness and promotes positive communication and relationships with others. Learn how to strengthen your EI by using your emotions to enhance overall life and work

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satisfaction. Also featured in this book are thoughts and expertise on EI gathered from top leadership professionals across Canada, as well as a plethora of learning opportunities. All chapters include Linda's personal illustrations and insights followed by exercises and journaling to improve EI.

What makes this book special is its simplicity: each chapter is a summary of the key EI aesthetics. It's a primer that you can read as a precursor to deeper discussion on any or all of the aesthetics, and it's a valuable reminder for anyone who has already started along the path of trying to understand themselves and the world around them.

Linda Marshall explains, "I sincerely hope this book opens your mind to the power of emotion and that you choose to embrace and hone that power so that it impacts your life as positively as it has mine."

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## About The Author

As president of Marshall Connects, Linda Marshall is an entrepreneur, author, motivational speaker, television host, and thought leader in emotional intelligence who brings more than 35 years of experience working with and educating teams to strive for excellence and reach their potential.

Linda's debut book, *Giving Back, How to Find Your Personal Joy and Make a Difference to Others*, was designed to be more than just a motivational read. It was important to Linda to offer continued personal growth; something she's continued with this book, *The Power of Emotion, A Practical Guide to Making The Most of Your Emotional Intelligence*.

As a member of the Canadian Association of Professional Speakers (CAPS), certified as Emotional Intelligence EQ-i Trainer, and certified Personality Dimensions® facilitator, she brings her on-the-ground experience to help businesses and individuals succeed in developing and maintaining strong leadership

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and team dynamics internationally. Her accreditation in EQ-i 2.0 and EQ 360 facilitation is an internationally recognized talent assessment, communication, and change management tool.

In addition to conducting individual and team EI assessments, Linda offers a wealth of workshops and consulting services, and has developed strengths in corporate strategy, team building, board development, and business planning, with demonstrated success in the management of complex, multi-site operations. She is an expert in leveraging her strengths as a connector, collaborator, and in setting and achieving goals in often challenging, fast-paced environments.

Linda lives in Hamilton, Ontario, Canada, with her husband, Rick. They have two children, Lindsay, and Olivia.

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