



STATERA

Integrated Health & Wellness Solutions

Linda Peterson ~ PhD, CLC, CHC

Dr. Linda Peterson, Life and Wellness Coach, is passionate about helping clients clearly see what might be holding them back from living a joyful, meaningful life. A life coach can help you grow in all aspects of life, professionally and personally. Together, you will create your life vision through the process of powerful questioning, challenging limiting beliefs, goal setting and planning your next action steps. Coaching will help you bridge the gap between your current circumstances and the life you'd like to lead.

My Coaching Philosophy: Life and Wellness Coaching is a collaborative process that recognizes you as the expert in your own life. We each have the inner wisdom to know what we need to live happily and purposefully. Coaching clears the clutter and gives you the time and space to uncover your truth. My purpose is to serve you in a respectful, non-judgmental, and comfortable way so you may find the life path that is uniquely yours to walk.

I hold a PhD in Higher Education from Iowa State University and an MA in Mental Health Counseling from The University of Northern Iowa. I am a Certified Life Purpose Coach through the Life Purpose Institute and a Certified Health Coach through the Dr. Sears Wellness Institute. I would love the opportunity to walk with you a while on your health and wellness journey.

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breathe... inhale hope. exhale healing.

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- Make healthy lifestyle changes that will last.
- Improve relationships with others and yourself.
- Answer the question, what do I really want?
- Experience more joy, fun and laughter.
- Reimagine your future after a major life transition.
- Process grief after loss.
- Reconnect with your spirituality.
- Create greater life balance.
- Gain self-awareness for personal growth.

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At Statera we bring together traditional medicine, holistic healing, fitness, nutrition and yoga under one roof. Our multidisciplinary team of providers work together to address your healthcare needs mind, body and spirit.

