

Leslie Bosch

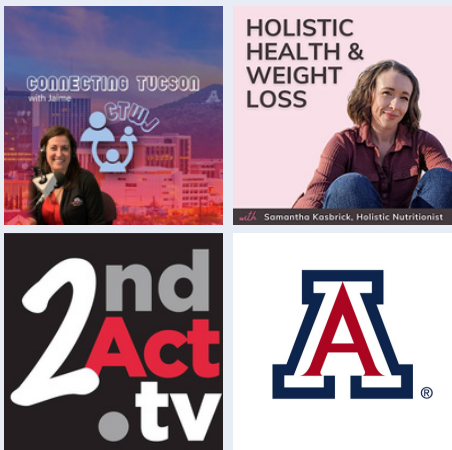
FOUNDER OF BOSCH INTEGRATIVE WELLNESS | DEVELOPMENTAL PSYCHOLOGIST | COACH

Leslie Bosch, PhD, is a developmental psychologist and a National Board Certified Health and Wellness Coach. Dr. Leslie received her training as an integrative wellness coach from the Andrew Weil Center for Integrative Medicine. Dr. Bosch helps busy professionals and entrepreneurs minimize the negative effects of stress so they can make a bigger impact without sacrificing their health, well-being, or personal relationships.



DISCUSSION TOPICS

APPEARANCES



- ✓ 3 steps to conquer overwhelm so your audience can restore calm and clarity
- ✓ How to use self-compassion so your audience can rebound from setbacks quickly
- ✓ Overcoming perfectionism so your audience can experience more life satisfaction
- ✓ How to ditch the negativity bias so your audience can gain the happiness advantage
- ✓ How to deal effectively with feelings of regret so your audience can move forward
- ✓ 10 ways to relax in 10 minutes or less so your audience can quickly destress

SAMPLE INTERVIEW QUESTIONS

- What causes feelings of overwhelm? How can someone deal effectively with stress and feelings of overwhelm?
- What is self-compassion and how can someone use it to achieve your goals?
- What are some of the biggest mistakes you see people make when it comes to dealing with stress and negative feelings?
- What is the negativity bias? What is the happiness advantage? How can someone ditch the negativity bias and gain the happiness advantage?
- Where do feelings of regret come from? How can someone deal effectively with feelings of regret?
- Why is stress management important? What are 10 ways someone can relax in 10 minutes or less?

“I am so grateful for Leslie’s coaching! Despite being a successful professional, I was often plagued by doubt and vague dissatisfaction, and unsure what to do about it. Leslie helped me to solidify my core values within the first few sessions. She helped me to recognize how my daily efforts were or weren’t working towards those values. Mid-way through our sessions, I had a family crisis. Leslie helped me to navigate that with clearer eyes. Leslie has just the right balance of compassion, encouragement, and “telling it like it is.” Don’t go it alone – coaching with Leslie is a valuable tool that really enhances your life.”

Jennifer K
College Biology Professor

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