

# You're Successful. But Are You Truly Happy?

You don't need to cheat on your success to enjoy the incredible life you've worked so hard to build.

Many top performers worry that if they step away from work, their success will struggle. So they:

- Squeeze "quality time" into their busy schedule for the ones they love
- Put off self-care and wellness
- Wait for the weekends and the rare vacation to enjoy life

But what they may not realize is, if they're not careful, the stress of maintaining their success will slowly kill them ... and their relationships.



## Signature Presentation

### Is Your Success Killing You?

Most high achievers love the successful lives they've worked their butts off to build. **The problem? They don't have the time (or the energy) to enjoy it.**

They believe that if they work hard enough, everything will finally fall into place, when they achieve that next level of success.

How does Paula know? She's a high achiever too. And when she received a life-changing medical diagnosis, she began a journey that led her to discover she didn't have to cheat on her success to have a love affair with her life. And it had nothing to do with time management..

In this empowering presentation, you'll discover how:

- ✓ Your strengths may actually be working against you
- ✓ Five factors influence all your decisions
- ✓ The current success model can be made sustainable

**Plus ...** the process you can use to **take the stress out of success** and enjoy a love affair with your life.

*Paula's story was inspiring ... I have never seen our crowd so engaged.*  
UW-Madison Assoc. of Women in Agriculture - McKenzie Trinko

## Additional Speaking Topics

### Signature Strengths

The bottom line of burnout

### Sustainable Success

The lopsided life of leadership

### Choice Management™

Stop wasting time managing time

## In Person, Virtual, or Hybrid

Keynotes

Breakout Sessions

Full or Half-Day Workshops

Executive Retreats

### Perfect for

Women in Business Events

Sales Conferences

Leadership Summits

Corporate Trainings & Retreats



# Meet Paula Houlihan

Award-Winning Presenter | Executive Coach | Retreat Leader



As a corporate senior claims specialist in the insurance industry, Paula Houlihan negotiated multimillion-dollar litigation cases. And she was good at her job. Really good.

Like many high achievers, she worked hard to achieve and maintain her success. She had it all ... except the time and energy to enjoy it. Like most, she accepted demanding schedules and stress as part of being successful.

But it wasn't until receiving a life-changing medical diagnosis that she realized the stress of success was slowly killing her. Something had to change.

Recognizing the power that choice had in her life, Paula began a journey of discovering she didn't have to cheat on her success to have a love affair with her life.

And, now through transformational presentations, coaching, workshops and retreats, she helps high achievers (especially women) discover a 5-step process that empowers them to take the stress out of success, and:

- ✓ Reclaim their time
- ✓ Restore their energy
- ✓ Rejuvenate relationships, and
- ✓ Enjoy their incredible lives every day

Paula holds a bachelor's degree in Psychology from the University of Wisconsin at Stevens Point. She is a Certified Intrinsic Life Coach and lifetime member of Psi Chi, the International Honor Society of Psychology.

She lives in Stevens Point, Wisconsin with her husband Tamas. Her greatest loves are family and travel. And she keeps a bottle of champagne chilled in her refrigerator because life always offers something to celebrate!