

Have Everything Except the Freedom to Enjoy Life?

You don't need to wait to fully enjoy the incredible life you've worked your butt off to build.

You have it all. Except the freedom, time and energy to fully enjoy it. But you tell yourself that someday, when you reach that next level of success:

- Everything will fall into place
- All the hard work will pay off
- You'll find the balance your life is missing

The only problem? Your "someday" keeps moving out.

A Transformative Presentation

The Lopsided Life of Leadership

Demanding schedules and stress come with the territory when you're successful. But in the pursuit of success, you may find you have a lopsided life. **There never seems to be enough time for everything you want to do.** Productivity suffers. Relationships suffer. And your health suffers too. It's not sustainable.

It doesn't have to be that way. You've just been following an outdated success model. With a new model, sustainable success is not only possible, it's achievable.

During this empowering presentation, you'll **discover the secret to bringing about the balance so many crave**, plus:

- ✓ Three pervasive myths about success that hold you back
- ✓ The critical piece missing in the old success equation
- ✓ Five steps you can take to create sustainable success

Everyone left inspired ... in her lively, energizing presentation, Paula gave them clear tips and most importantly, actionable suggestions.

*Director of Programs and Events, Portage County Business Council
- Karen Myers*

Additional Speaking Topics

Signature Strengths

The bottom line of burnout

Choice Management™

Stop wasting time managing time

Work-Life Balance

Is your success killing you?

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!



Connect with Paula about your next event

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