

# Overworked, Overwhelmed and Overstressed?

The key to success is not about how well you manage your time. It's about how well you manage your choices.

No matter what time management system, tool or technique you try, somehow:

- Your days are still easily derailed
- You're not as productive as you need to be
- You worry you may not be able to keep it all together

You're not alone. So, what's the secret to sustainable success?



## Most Requested Presentation

### Stop Wasting Time Managing Time

Now, more than ever, we're facing greater demands with the same 24 hours to get it all done.

Most high performers focus on managing their time to get more done, but this approach only increases stress and adds to the never-ending to-do list.

It's not sustainable. And work-life balance feels unattainable.  
**We can change that!**

In this highly interactive presentation, you'll experience Paula's **Choice Management™ System**, and:

- ✓ An exercise to reveal where your time is going
- ✓ Why time management isn't working
- ✓ Four steps you can take to put time back in your control

**Plus ... one powerful question** that will lead to more time for what you love.

*... for all audiences that want to receive a powerful message.  
Excellent speaker and highly recommended.*

*Co-Owner of Duraclean (Plover, WI) - Tammy Jankowski*

## Additional Speaking Topics

### Signature Strengths

The bottom line of burnout

### Sustainable Success

The lopsided life of leadership

### 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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