

Losing Top Talent to Chronic Stress and Burnout?



To break the cycle, top performers need to do more than manage their stress ... they need to manage their strengths.

Burnout and high turnover are two of the top challenges companies face today. When top performers burnout, the top line suffers. And the bottom line pays the price.

To combat burnout, companies:

- Encourage employees to maintain a work-life balance
- Implement time management systems
- Invest in seminars teaching stress-management techniques.

So, with these initiatives in place, why is burnout still on the rise?

An Impactful Presentation

The Bottom Line of Burnout

Stress management programs alone aren't the answer. There's a missing piece.

Until top performers know how to balance their strengths, chronic stress will increase. And companies will continue to lose them to burnout.

In this perspective shifting presentation, I'll share what I discovered after recovering from adrenal crisis caused by burnout, including:

- ✔ How strengths give rise to stress when they're out of balance
- ✔ How to know if your strengths are working against you
- ✔ How you can prevent burnout — for yourself and your team

Plus ... three simple steps you can start today to break the burnout cycle.

Paula's presentations are very informative and riveting! She has a way of speaking that makes you feel like she's talking directly to you.

Sales & Marketing Coordinator - Carol Adams

Additional Speaking Topics

Choice Management™
Stop wasting time managing time

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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