

# 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.

Most high performers are constantly in pursuit of strategies to maximize productivity and achieve more within limited time frames.

Traditional time management techniques while popular, often lead to a **paradoxical increase in stress** and a decrease in overall job satisfaction and productivity.

So what's **the secret to sustainable success**?



## Most Requested Presentation

### Harmony In The Hustle: *Unlocking Sustainable High Performance and Balance*

This session offers a **revolutionary perspective**, challenging the conventional time-management doctrine that has long dictated our approach to work.

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

- ✔ **Understanding Limitations:** Discover why traditional time management strategies often lead to increased stress and decreased productivity, undermining both satisfaction and performance.
- ✔ **Shifting Perspectives:** Reframe your approach to daily tasks and goals, focusing on energy management and prioritization rather than merely clock-watching.
- ✔ **Sustainable Success:** Gain insights into practical methods designed to enhance efficiency without sacrificing your mental health or life balance.

“...for all audiences that want to receive a powerful message.  
**Excellent speaker and highly recommended.**  
Co-Owner of Duraclean (Plover, WI) - Tammy Jankowski

Paula works with high performers and organizations that want to **defeat burnout and retain rockstars!**

**Better Choices**  
**Better Business**  
*Happy Culture*

### 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. She was successful.

Like many high performers, 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 performers discover her Choice Management® Model which 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 and their cat Midnight. 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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