

# Propelling People and Profits With Purpose-Driven Performance



**Companies want their employees to get their work done. Employees want this too. But with less stress.**

**Too often, leaders think they need to stay on top of their teams to ensure that they do their work,** feeling more like a taskmaster than a leader.

When what really inspires performance and drives productivity is getting their teams to take ownership of their work.

**One simple mindset shift lets leaders enjoy their work again.**

## A Transformative Presentation

### Leadership Liberation: *From Taskmasters To Team Inspirers*

Transform leadership from a traditional directive model to one that inspires, motivates, and supports your teams focusing on the power of collaborative empowerment and genuine team engagement.

Discover actionable strategies that enable leaders to cultivate team's genuine buy-in:

- ✔ **Empowerment Strategies:** That encourage team members to take ownership of their roles fostering a sense of personal investment and accountability.
- ✔ **Cultivating Buy-in:** Ensuring team members are not just compliant, but are genuinely committed to the team's success.
- ✔ **Sustainable Engagement:** Address burnout and turnover by fostering an inspiring and supportive workplace culture.

*“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*

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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