

Losing Top Talent to Stress and Burnout?

When top performers burnout, the top line suffers. And the bottom line pays the price.

Many companies try popular solutions like time management training, stress management strategies and encouraging work/life balance to address these issues.

So why is burnout still on the rise?

Because those strategies at best get mixed results, addressing the symptoms, not the root problem.



An Impactful Presentation

The Bottom Line of Burnout

In today's corporate world, burnout and high turnover significantly impact even strong organizations, reducing productivity and straining financial results.

In this compelling presentation, rooted in Paula's personal journey overcoming burnout, her corporate experience and in the work she does with organizations of all sizes, you'll discover:

- ✔ **Strength-Stress Paradox:** Understand how unchecked strengths can contribute to burnout, harming individual performance and organizational health.
- ✔ **Self-Assessment Strategies:** Learn to spot signs that strengths have become liabilities and how to balance them.
- ✔ **Proactive Prevention Strategies:** Get practical advice to prevent burnout, maintain productivity, and reduce turnover.

Attendees will leave with practical strategies to break the burnout cycle immediately, **ensuring the well-being of employees and the health of your bottom line.**

“Paula's presentations are very informative and riveting!”
Sales & Marketing Coordinator - Carol Adams

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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