



Cirriculum Vitae

Paula Holland De Long, CPCC, ACC (Professional Life Coach)

Ft. Lauderdale, FL, working nationally

Phone: 954-565-6894

Mobile: 954-663-7834

Email: paula@WhatsNextForMyLife.com

Website: www.WhatsNextForMyLife.com

Education & Credentials

ACC: International Coach Federation (Associate Certified Coach)

CPCC: Coaches Training Institute Fundamentals Program & Coaches Training Institute Certification Program (Certified Professional Co-active Coach)

BFA: University of Kansas

Professional Experience

Founder & Survivor Life Coach: What's Next For My Life, Inc., 11/07 – Present

Inspirational speaker, author, and expert on managing the emotional issues of the cancer experience. Founded life coaching company focusing on providing emotional support cancer patients and survivors within the oncology healthcare community. Signature workshop transforms fear into hope and empowerment in 8 hours. Offers workshops and courses for time of diagnosis, end of treatment, thriving as a survivor, intimacy during and after cancer and more. Products include the award winning, self-guided *What's Next For My Life?™ Cancer Book Series* and other educational items.

President: Coach for Living, 1/01 – 11/07

Founded life coaching, consulting and project management company. Managed childhood cancer initiatives and breast cancer support programs for the American Cancer Society.

Co-Founder: Cancer Survivorship Coaching Coalition – 2/11 – Present

National organization working to bring survivorship coaching into integrated oncology care.

ORGANIZATION AFFILIATIONS: International Coach Federation, National Cancer Survivors Day Speakers Bureau, Southeast Florida Cancer Control Collaborative

AWARDS

28th Annual Healthcare Marketing Merit Award, May 2011

American Cancer Society's *A Caring Spirit* Award, November 2000 and 2002, Dallas Metro Market

OTHER

Executive Volunteer Reach To Recovery Broward County (2004-2007)

American Cancer Society Reach to Recovery Florida and High Plains Division Leadership Committee Member and Division Trainer (2003 – 2007)

American Cancer Society Broward County and High Plains Division Area Patient Services Committee and Breast/OBGYN Committee Member (2000 – 2007)

American Cancer Society Media Spokesperson (1998 – 2006)

Dallas Metro Communications Committee Chairperson (1999-2001)

Dallas Metro Reach to Recovery 30th Anniversary Event Chairperson (2000)

Professional Bio

Cancer survivor, professional life coach, author, and inspirational speaker Paula Holland De Long offers wisdom, advice, and tools that promote health and healing for cancer survivors and their loved ones. Her coaching work encourages thriving during and after cancer using complementary, holistic, and spiritual coping tools that transform fear into hope and choice. Her personal battle with cancer inspired her to found **What's Next For My Life, Inc.**, whose workshops and support products are offered at cancer treatment centers, support organizations, and via teleconference to participants around the country. Her award-winning **Cancer Book Series**, the *What's Next For My Life? Companion Journal for Cancer Patients* and the *What's Next When Treatment Ends? LifeBook* have been distributed at no cost to almost 1000 patients in south Florida.

Contact at 954-565-6894, paula@WhatsNextForMyLife.com or visit www.WhatsNextForMyLife.com.