

When Paula Speaks People Listen, Laugh, and Learn.



Paula Holland De Long ACC, CPCC
Speaker, Educator, Author, Survivor Life Coach

Paula's an authority on how the lessons of survivorship can bring joy, passion and purpose to anyone's life. She's helped thousands of people choose and achieve what's next for their lives.

"Paula has a knack for engaging an audience in an authentic, powerful manner. Paula is always effective and on target." -

Helen Petty, American Cancer Society

"Paula's urgency is contagious. I really needed a reminder to not take life so seriously. Everyone's noticed my stress has gone down." - Shannon Calt

Book Paula Now!

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Partial Client List:

Gilda's Club • Women's Healthcare Executive Network • Leukemia Lymphoma Society • Oncology Nursing Society • Florida Marlins • SOS (Save Our Sisters) Dragon Boat Team

WHAT'S
NEXT
FOR MY
LIFE?™

Ft. Lauderdale, FL & National

Humorous, passionate, poignant, and totally authentic, cancer survivor and professional life coach Paula Holland De Long's message of "Live What Matters Now" creates confidence, clarity, and empowerment for any audience. Paula's audiences walk away feeling they have grown as people, with new tools they can use to raise energy, reduce stress, and build the confidence needed to thrive in today's chaotic world, earning her the highest ratings from both her clients and their audiences.

She's the award-winning author of the *What's Next For My Life?™ Companion Journal for Cancer Patients*, and *What's Next After Treatment Ends? LifeBook*.

Paula's Customized Presentations Are Perfect For –

- Survivorship Support Groups, Workshops, Programs, and Celebrations
- Education Conferences / CEU's • Fundraisers • Group and Organization Meetings • Award Ceremonies • Event Kick-Offs • Wellness Events

Available as **keynotes; breakout sessions; one hour, half or full day seminars; retreats; book signings; and training classes.**

Paula's Most Requested Themes

What's Next For Your Life? – A powerful reminder that you get to choose, and explores how everyone wins by honoring themselves and others.

Live What Matters Now. Why Wait? – Creates personal clarity and tools to make the choices that honor what you care about most.

More Joy Every Day! - Fun, interactive group exploration of exactly what creates your joy.

Life Changes That Last – Teaches an easy process that creates ongoing personal accountability to the actions needed to start and sustain any goal.

*Padding with SOS
Racing Team*



*Keynote: SWM Foundation
(Single Women in Motion)*



*Top of the Wall with
childhood oncology patients*

