

When Paula Speaks People Listen, Laugh, and Learn.

Paula Holland De Long ACC, CPCC
Speaker, Educator, Author, 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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WhatsNextForMyLife.com

Partial Client List:

- Halifax Health System • Moncrief Cancer Center • Women's Healthcare Executive Network
- Lotus Survival Foundation • Leukemia Lymphoma Society
- Oncology Nursing Society
- Florida Marlins • SOS (Save Our Sisters) Dragon Boat Team

WHAT'S
NEXT
FOR MY
LIFE?™

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

Paula's Customized Presentations Are Perfect For –

- Survivorship Celebrations • Fundraising Events • Cancer Education Events
- Professional Conferences & Meetings • Award Ceremonies • Wellness Symposia • Prevention & Early Detection Education

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.

Dare to Live What Matters Now. How giving yourself permission to live what matters most to you creates happiness, health and wellbeing.

If I Can Do Cancer I Can Do Anything! Learn to harness the feelings of empowerment the cancer experience can create if you know how to look for them.

Simple Easy Ways to be Happier and Healthier: Three life changing ways to create more health and happiness in any one's day to day life.

