

When Paula Speaks People Listen, Laugh, and Learn.

Paula Holland De Long ACC, CPCC
Speaker, Life Coach, Author, Artist

20-year Breast Cancer Survivor
Founder of What's Next For My Life Inc.



Book Paula Now!

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WhatsNextForMyLife.com

"Paula was an inspiring, engaging speaker, and our audience connected with her story. She was a very good fit for our survivorship celebration." – Karen Hatfield, Survivorship Nurse Navigator, Moncrief Cancer Institute

"Paula brings a whole hearted, loving energy to our events and retreats. I highly recommend her to people or organizations who want to support and inspire their community." - Claudia Aguirre, Lotus Survival Foundation

"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



Paula's Most Requested Themes

What's Next For Your Life? A powerful reminder that you can build resiliency and confidence by giving yourself permission to choose what's next for your life, rather than simply responding to whatever life throws at you. Provides new perspectives about how claiming our right to choose creates win-win possibilities for everyone. Includes specific ideas and tools that can transform reactive into proactive.

Live What Matters Now. Why should it take facing death to gain permission to live your best life now? A poignant and authentic call from a 20-year cancer survivor to make living what matters to you a priority now rather than later. Addresses how to overcome common limiting self-beliefs and set boundaries effectively. Demonstrates how bringing more of matters most dramatically increases satisfaction in day to day life, and improves emotional, spiritual and physical well-being.

If I Can Do Cancer I Can Do Anything! An unexpected view of how the cancer experience builds empowerment and teaches you how to successfully navigate change in all areas of life. Shows how to look at what's happened from creative, out of the box perspectives. Provides insight and strategies that support bigger dreams, goals, actions, and results.

Simple Easy Ways to be Happier and Healthier: This humorous, interactive presentation details three surprisingly easy, yet life changing, ways to make you feel nourished rather than depleted. Focuses on overcoming procrastination paralysis and busy brain; finding new actions instead of responding in the same old way; and choosing effective next steps and taking them rather than procrastinating or second guessing. Calls out the need to embrace self-care for healing and ongoing wellness.

Paula's Customized Presentations Are Perfect For –

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

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