

# When Paula Speaks People Listen, Laugh, and Learn.

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

20-year Breast Cancer Survivor



Book Paula Now!

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[WhatsNextForMyLife.com](http://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."* – 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 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.

*The Power of We:* Fun, interactive session that builds connection and mutual support among team members or groups. Can be used for networking, team building, or goal setting.

## 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.**

### Partial Client List:

Halifax Health · Moncrief Cancer Center · Gilda's Club · Broward Health Systems · Women's Healthcare Executive Network · Aventura Comprehensive Cancer Center · Baptist Health Systems · Florida Breast Cancer Foundation · Oncology Nursing Society · Florida Marlins · Leukemia Lymphoma Society · SOS (Save Our Sisters) Dragon Boat Team · Southeast Florida Cancer Control Collaborative · Memorial Breast Centers