



# Paula Holland De Long ACC, CPCC

Speaker, Educator, Author, Survivor Life Coach

## TOPICS

*If I Can Do Cancer I Can Do Anything*

*What's Next For My Life?™  
Not Just Alive – THRIVE!*

*If Today Was Your Last Day*

## AUDIENCES

Survivors, caregivers and loved ones, oncology healthcare professionals, donors, sponsors and partners.

## VENUES

Survivorship celebrations, workshops, educational conferences, fundraisers, business and community organization award ceremonies, kick offs, marketing, public relations or wellness events.

## CLIENTS

Gilda's Club  
Broward Health Systems  
Southeast Florida Cancer Control Collaborative  
Aventura Cancer Center  
Baptist Health Systems  
Society of Oncology Social Workers  
Florida Breast Cancer Foundation  
Oncology Nursing Society

WHAT'S  
NEXT  
FOR MY  
LIFE?™

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Humorous, passionate, poignant and totally authentic, cancer survivor and professional life coach Paula Holland De Long's messages create hope, inspiration and empowerment for small and large audiences.

Paula's an authority on how the lessons of survivorship can bring joy, passion and purpose to anyone's life. Her interactive, inspirational presentations and workshops, teach people how to make healthy, rewarding choices and set their priorities for the future based on what matters most to them.

Part of Holland De Long's appeal comes from her conviction that life is meant to be lived now because you never know when your time may end. "Paula's urgency about making healthy, fulfilling choices is contagious," comments one fan. "I needed that reminder to not take myself so seriously. It's so great to laugh about it with her."

Paula appears on radio, TV, at wellness conferences, in magazine articles and on the web. Her first book, the award winning *What's Next For My Life?™ Companion Journal for Cancer Patients*, was published in April 2010 and her second book, the *What's Next When Cancer Treatment Ends? LifeBook* was released in December 2011.

## TESTIMONIAL

*"Paula's professional expertise combined with her passion as a survivor makes her an engaging, insightful speaker with small or large groups of people. She has a knack for engaging an audience and communicating messages in an authentic, powerful manner. Whether putting on seminars or sessions, speaking to the media, motivating groups of volunteers, or inspiring potential donors with her personal story, Paula is always effective and on target."* – Helen Petty, former Associate Vice, President Patient & Survivorship Initiatives, American Cancer Society

## ABOUT PAULA

Paula is the first to admit that before her cancer diagnosis she was the classic, over-achieving, Type A, do-it-all-no-matter-what personality. Cancer taught her how to be fearless about trying new things and going after what matters most. Her own happiness has made her a fanatic about teaching anyone and everyone to appreciate each day and moment they have now instead of waiting. Her workshops are offered through cancer treatment centers and support organizations and her teleconference action groups attract participants from all over the country. She lives her passion professionally, limits her work hours to allow for spirituality and fun and does her best to enjoy life to the fullest while living in South Florida with her husband, dog and two cats.