

# Paula R. Holland CPCC

20+ Year Survivor / Women's Mental Fitness Coach / Author / Artist



Creating a Unique Life of Consistent Vitality,  
Joy, and Meaning for Breast Cancer Survivors

## MOST REQUESTED TOPICS

**If I Can Do Cancer, I Can Do Anything:** Paula shares how the cancer experience builds clarity and confidence and how to use it to create happiness and results beyond your wildest dreams.

**Total Wellness: From Selfish to Self-First** Humorous, interactive presentation details three surprisingly easy, yet life changing, ways to create sustainable lifestyle changes and increase commitment to self-care and lifelong wellness.

**Live What Matters Now.** A poignant and authentic demonstration of how bringing more of matters most into day-to-day life improves emotional, spiritual, and physical well-being.

### Available For:

- Keynotes • Podcast / Media Guest
- Workshops • Organization Meetings
- Seminars • Breakout Sessions
- Fundraising Events

“Our audience had tears and smiles during Paula's story. It was so inspiring. She was a perfect fit for our survivor celebration.”

- Karen Hatfield, Moncrief Cancer Center

## CLARITY + COURAGE = HAPPY LIFE WELL LIVED

Cancer survivors from around the world turn to Paula Holland to transform the physical, emotional, and spiritual changes of cancer into sustainable new habits, and find the joy and meaning that may have been missing in their life before cancer.

Named a Gamechanger by **CURE** Magazine for her ground-breaking survivor-coaching work, her story, work, and award-winning cancer journals have appeared in **The Wall Street Journal, Breast Cancer Wellness, Coping with Cancer** and other magazines and media.

Paula has shared her coaching expertise with leading healthcare systems, cancer centers, support organizations, and community-based events and has impacted thousands of survivors.

People who hear Paula speak leave with innovative ideas and tools to reduce stress and build the resilience required to flourish in today's chaotic world. Her thought-provoking interactive messages earn the highest ratings from clients and their audiences.

954.663.7834, [Paula@WhatsNextForMyLife.com](mailto:Paula@WhatsNextForMyLife.com)

View speaker video [HERE](#).

THE  
WALL STREET  
JOURNAL.

cure  
curetoday.com

Coping  
WITH CANCER  
copingmag.com/cwc

BE A THIVER!  
Breast Cancer  
Wellness  
MAGAZINE

# When Paula Speaks People Laugh, Listen, and Learn

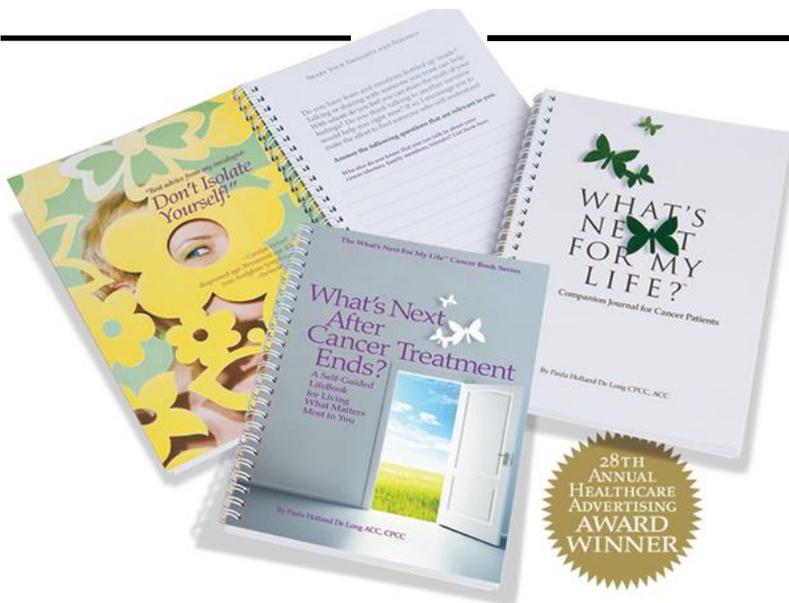
## CLARITY + CONFIDENCE = EMPOWERMENT

Before cancer, Paula was an overcommitted people pleaser driven by a vicious inner critic. Creating success for others at the expense of herself was normal. Successful on the outside, she was chronically exhausted and overwhelmed, and secretly felt like an imposter in her own life.

**Breast cancer at age 37 was her wake up call.** Cancer recovery taught her to listen to the quiet, intuitive voice of her heart, rather than the terrified, naysaying voice of fear that had been running her life.

Paula's life experience and professional expertise have honed her ability to support survivors in taking leaps of faith for the sake of personal growth, happiness, and living on purpose.

Her passion is reconnecting women who feel trapped, overwhelmed, exhausted, or unfulfilled to their truest self and a life of vitality, joy, and meaning.



Paula's award-winning ***What's Next For My Life?™ Companion Journal for Cancer Patients***, and the ***What's Next After Treatment Ends? LifeBook*** are easy to read, visually engaging, feature wisdom from other survivors, personal growth lessons, and journaling prompts.

## Partial Client List

Women's Healthcare Executive Network  
Bethesda Women's Center  
International Coach Federation  
Halifax Health  
Total Rewards Administration  
Florida Marlins  
Holistic Chamber of Commerce  
Moncrief Cancer Institute  
Community Blood Centers  
Broward Health Systems  
Lotus Survival Foundation  
Baptist Health Systems  
Florida Breast Cancer Foundation  
Oncology Nursing Society  
Leukemia Lymphoma Society  
SOS Dragon Boat Team  
Southeast Florida Cancer Control Collaborative  
Memorial Breast Centers

“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, Founder, Lotus Survival Foundation

(954) 663-7834 • [Paula@WhatsNextForMyLife.com](mailto:Paula@WhatsNextForMyLife.com)

View speaker video [HERE](#)