



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

### — Partial Client List —

Bethesda Women's Center  
Halifax Health  
Moncrief Cancer Institute  
Community Blood Centers  
Broward Health Systems  
Women's Healthcare Executive Network  
Lotus Survival Foundation  
Baptist Health System  
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

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

Professional life coach, award winning author, artist, and 20+ year cancer survivor Paula Holland De Long's message of "Dare to Live What Matters Now" creates confidence, clarity, and empowerment for any audiences of any size, from thirty to thousands.

People who hear Paula speak leave feeling they have grown as people; with new ideas and tools they can use to raise energy, reduces stress, and build the resilience needed to flourish in today's chaotic world, earning her the highest ratings from both clients and audiences.

Known as an authority on how to take back ownership of life and flourish, Paula's life coaching work and award-winning cancer journals have been featured in *CURE*, *Breast Cancer Wellness*, *Coping with Cancer* magazines, and other media. She has helped thousands of people choose and achieve what's next for their lives.

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"Paula was an inspiring, engaging speaker, and our audience really connected with her story. She was an excellent fit for our survivorship celebration."

— Karen Hatfield,  
Survivorship Nurse Navigator, Moncrief Cancer Institute

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### Book Paula Now

(954) 663-7834

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# Paula's Most Requested Topics

**Top Essential Things That Make Lifestyle Changes Easier.** 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.

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

**Top 3 Most Effective Practices for Reducing Stress and Anxiety.** Shares three holistic practices that can prevent stress and anxiety in as little as 10 minutes per day, and provides simple easy tools to shut it down that can be used anywhere anytime.

**If I Can Do Cancer I Can Do Anything!** An unexpected view of how the cancer experience builds empowerment that provides insight and strategies that encourage bigger dreams, goals, actions, and results.

**Dare to 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.

## WhatsNextForMyLife.com



Paula's award-winning *What's Next For My Life? Companion Journal* provides real world wisdom about things patients and survivors may not know (or are afraid) to ask.

Her *What's Next After Cancer Treatment Ends? LifeBook* guides survivors through a proven process for creating a healthy, nourishing New Normal life after cancer treatment ends.

"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

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