

# Paula R. Holland CPCC

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



Creating a Unique Life of Consistent Vitality,  
Joy, and Contribution for Women

## MOST REQUESTED TOPICS

**Emotional Freedom:** How to liberate yourself from negative emotions and proactively create a positive life that honors your uniqueness.

**Maximize Team Potential:** Building the Positive Intelligence Four Pillars of Team Performance and Wellbeing.

**Self-Sabotage to Self-First (permanently)**  
Three surprisingly easy, yet life changing, ways to commit to self-care and lifelong wellness.

**Burned Out to Brilliant:** Using Mental Fitness tools to permanently reduce stress and build resilience fast, anytime, anywhere.

**If I Can Do Cancer I Can Do Anything:** How the cancer experience builds empowerment to achieve bigger dreams, goals, and results.

### Available For:

- Keynotes • Podcast / Media Guest
- Workshops • Seminars • Breakout Sessions
- Fundraising Events • Conferences • Retreats • Panel Discussions

“Paula’s presentation at Ignite Miami was amazing. I was immediately engaged and wanted to hear more. She is a dynamic speaker I recommend highly.”

- Nancy Chisholm, Business Development Consultant / Coach

## CLARITY + COURAGE = EMOTIONAL FREEDOM

Women from around the world turn to Paula Holland for inspiration and courage when in taking leaps of faith for the sake of personal growth, happiness, and living on purpose.

Paula uses the breakthrough, research-based Mental Fitness process to guide women in creating joy and meaning that is missing in their daily life.

She shares her expertise with numerous diverse organizations including leading healthcare systems, cancer centers and support organizations, business and professional development organizations, and community-based events and initiatives.

Named a Gamechanger by **CURE** Magazine for her groundbreaking 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.

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.

## Book Paula Now

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

[WhatsNextForMyLife.com/Speaker](http://WhatsNextForMyLife.com/Speaker)

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# 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 experiences and professional expertise have honed her ability to teach her clients how to effectively manage their emotions, take back their life, and make choices that align with their truest self.

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  
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

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