

A photograph of two women with blonde hair, both wearing bright pink blazers over black tops. The woman on the right is looking towards the camera with a slight smile, while the woman on the left is partially obscured and looking slightly away.

Paula Houlihan

Keynote Introduction

Behavioral Transformationist | Executive Coach | Keynote Speaker

Prepare for a session that will redefine the way you approach performance and success. Our speaker is known for her innovative perspectives on achieving peak performance and organizational success.

Paula Houlihan is the creator of the Choice Management® Model, a breakthrough framework which challenges the conventional time-management doctrine that has long dictated our approach to work.

Paula discovered the key to sustainable success lies not in how well you manage your time, but in how well you manage your choices.

Her model equips high-performing professionals to address the challenges of decision fatigue and the persistent pressure of innovation -- while supporting organizations that want to defeat burnout and retain their top talent, firmly believing that better choices lead to better business and a happier company culture.

Paula lives in Stevens Point, Wisconsin with her husband, Tamas, and their cat, Midnight. Her greatest loves are family and travel. Paula keeps a bottle of champagne chilled in her refrigerator because life always offers something to celebrate!

Please join me in welcoming Paula Houlihan.