



# The Science of Decision-Making to Produce Dynamic Results

**Don't navigate change. Lead it!**

Most high performers believe you're ahead of the curve, **but often, you're just catching up.**

With up to 90% of decision-making happening unconsciously, **resistance to change and the looming threat of burnout are the norm.**

## A Dynamic Presentation

### Mastering Choice To Manage Change:

**Drive business success while cultivating a happy company culture** by diving into the science behind decision-making.

Unlock elite performance with Paula's Choice Management® Model equipping your leaders and teams with the tools and insights needed to master choice and excel in their fields.

Your audience will gain a practical method for:

- ✔ **Enhancing Productivity through Choice:** Discover how improved choice management can lead to better productivity and a more engaged workforce.
- ✔ **Resilience Against Burnout:** Implement actionable strategies to combat decision fatigue and manage stress, reducing burnout and enhancing overall team well-being.
- ✔ **Strengthening Organizational Culture:** Apply frameworks that support teams to make effective choices, fostering a culture that supports sustainable success and innovation.

*Paula made our event special and impactful! We were looking for someone to address our Sales Team to help them open their minds and hearts to change and collaboration. Paula exceeded the objective!*

*-VP of Sales, Great Northern Laminations - John Laabs*

Paula works with high performers and organizations that want to **defeat burnout and retain rockstars!**

**Better Choices  
Better Business  
Happy Culture**

**In Person, Virtual or Hybrid**

- Keynotes
- Breakout Sessions
- Full or Half-Day Workshops
- Executive Retreats

**Perfect for**

- Women in Business Events
- Sales Conferences
- Leadership Summits
- Corporate Trainings & Retreats



# Meet Paula Houlihan

Award-Winning Presenter | Executive Coach | Retreat Leader



As a corporate senior claims specialist in the insurance industry, Paula Houlihan negotiated multimillion-dollar litigation cases. She was successful.

Like many high performers, she worked hard to achieve and maintain her success. She had it all ... except the time and energy to enjoy it. Like most, she accepted demanding schedules and stress as part of being successful.

But it wasn't until receiving a life-changing medical diagnosis that she realized the stress of success was slowly killing her. Something had to change.

Recognizing the power that choice had in her life, Paula began a journey of discovering she didn't have to cheat on her success to have a love affair with her life.

And, now through transformational presentations, coaching, workshops and retreats, she helps high performers discover her Choice Management® Model which empowers them to take the stress out of success, and:

- ✓ Reclaim their time
- ✓ Restore their energy
- ✓ Rejuvenate relationships, and
- ✓ Enjoy their incredible lives every day

Paula holds a bachelor's degree in Psychology from the University of Wisconsin at Stevens Point. She is a Certified Intrinsic Life Coach and lifetime member of Psi Chi, the International Honor Society of Psychology.

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