



# **Paula-Jo Husack MA LMFT CGP**

**Coaching, Counseling, Consulting**  
**Individuals, Couples, Families, Teams**

**Popular Topic:**

## **LeadLifeNow--Or When? Get It & Grow It**

Life leadership is for everyone. Times of potential change or transition are often the catalyst to take charge of a specific area of our lives. Are we reactively or proactively leading our lives? Learn about LeadLifeNow, Paula-Jo's life leadership model that folks have been learning in group workshops and individually since last Century. Paula-Jo's creative, engaging style pulls from client experiences, celebs and her own. It's an enthusiastic kick-off for your event; or the final touchdown before participants step out to renew their life game. She brings interesting, insightful interactive exercises into the audience. This allows each person to note what's working and what needs to exit. This is leadership with the potential to inform, reform, and transform. Participants will:

- Discover easy-to-implement strategies for optimal performance and genuine fulfillment.
- Understand the power of choice; construct your proactive/reactive leadership grid.
- Walk away with strategic tools for creating, developing, and maintaining behaviors and thoughts that lead to action.
- Have a good time

**Popular Topic:**

## **Parenting Inside/Out for Our Off-The-Grid Kidz**

Just when you think you've filled your library of parenting knowledge--here's a unique addition. Paula-Jo introduces this whole parenting leadership model, that starts with us grown-ups first. Parents say, "It puts some energy-in to balance our energy-out." It's a daily and sometimes hourly challenge to be our unique kids' life guides. Sometimes it seems they're leading our lives now. Paula-Jo shares from personal experience, as well as almost twenty years of working with parents and families of unique kids. Whether you choose private sessions or bring her in for your group or conference, you'll walk away with insights, tools, and new/renewed focus.

**Popular Topic:**

## **Bypass the Food Network**

LeadLifeNow is a life leadership model for those of us, who want to walk-our-talk to sustainable change. You, who struggle with compulsive overeating, restricting, or other ways of feeding instead of feeling, have found the tools and strategies useful; and the process-learning insightful and sustainable. For those, who have added surgery as a way out, she shares stories and outcomes of value. What happens once the "honeymoon" post-op period is over? The data is useful; the message is positive, informative and supportive. Life Leadership is the way to long-term freedom and wellness. Walk away with tools and strategies that can be incorporated in each attendees life plan.



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## **Popular Topic:**

### **LeadLifeNow: My Patient, MySelf**

Paula-Jo re-creates the Not-So-Stressed workshops for physician and healthcare workers that she designed and presented as Clinical Director of Counseling, University of California- San Francisco. Now, she adds data gathered from years of counseling, coaching and consulting to this achievement- and results-oriented group. What's the grid work for their successes? And the gridlock of their challenges? What kinds of patterns resurface? What TV shows are their popular "meds"? Enter LeadLifeNow, PJ's life leadership plan. Now that it's been in use for so long, there are fabulous facts to share. She's gathered current and historical information, added her unique insights and humour. You decide: In this time of whole-patient health care delivery, she steers you toward MySelf-care awareness and a plan commitment. Participants will:

- Learn the Leadlifenow model introduction and its impact
- Discover the pros and cons of attention, distraction & detachment on whole health
- Understand range-of-change impact
- Have a good time with fun facts

## **Bio:**

### **Paula-Jo (PJ) Husack MA LMFT CGP**

Paula-Jo (PJ) is a dynamic, inspiring, captivating speaker and workshop facilitator who empowers audiences with keys to personal and professional growth and transformation. She has observed first-hand the brain's potential to retrain, as clients' strive to walk the talk of change. This has been key motivation for her work in life leadership. Her latest book, *Catch Your Star: Top Experts Share Insights for Lifelong Fulfillment* gives readers tools and inspiration.

PJ is a licensed Marriage & Family Therapist. Besides counseling psychology, she holds a degree in Media Communications and is an active artist. Her coaching and counseling practice is a resource library for the range of clients' life's situations. She engagingly shares her insights and research with audiences. Her self-esteem work with diverse populations has been recognized by the San Francisco Mayor's Office. She is a certified EMDR Therapist; trained in the Peak Performance Enhancement model of Dr. Sandra Foster, PhD. PJ's a longstanding member of CHADD (Children & Adults with Attention Deficit Disorder); an international author on healthcare worker burnout prevention; and a real-life coach in Bravo TV's reality show, *Miss Advised*.

She volunteers in leadership roles for the American Cancer Society. Follow her poignant and popular blogs on her website: [leadlifenow.com](http://leadlifenow.com).

Pj is a native San Franciscan, who enjoys her family time and everything creative. She sings with Joyce McBride's Conspiracy of Venus, a pop acapella choir; and sits in the audiences at SFJazz Center.

Book PJ now for your next event or your own personal/professional life move: Call 650.619.6521; email [pj@leadlifenow.com](mailto:pj@leadlifenow.com).