



## **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 element of our lives. These times drive us to ask: Are we reactively or proactively leading our lives? *LeadLifeNow* is a strategic, organic leadership model, which has stimulated interest and participation in group and individual settings. Paula-Jo—PJ's creative, engaging style pulls from client experiences, and her own. It's an enthusiastic kick-off for your event; or the final touchdown before attendees step out to renew their life game. Interesting, insightful, interactive exercises directly step the audience into the *LeadLifeNow* process. Each person can note what's working and what needs to exit. It's life 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.

### **Popular Topic:**

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

Just when you think you've compiled your library of parenting knowledge--here's a unique addition: It's a whole parent/whole kid leadership model. Start with us grown-ups first. It's a daily and sometimes hourly challenge to be our unique kids' life guides. Sometimes it seems they're leading *our* lives now. Learn ways to consistently put some energy-in to balance energy-out." Here's your chance to walk away with insights, tools, and new/renewed focus. PJ shares from personal experience, as well as twenty years of working with parents and families of unique kids. Walk away with tools and renewed focus.



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### **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 these tools and strategies useful; and the process-learning insightful and sustainable. Maybe you think surgery as a way out. PJ has helped clients commit to active recovery. This means facing that our addictions and compulsions are not left in the operating room trash. She shares stories and outcomes of value. What happens once the “honeymoon” post-op period is over? The data is useful. The inventory tools support active recovery as a lifestyle. The overall message in taking charge of this (and even other addictions) is positive, informative and action-based. Daily life leadership is the way to long-term freedom and wellness. Walk away with tools and strategies that can be incorporated in each attendee's life plan.

### **Popular Topic:**

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

PJ re-creates the Not-So-Stressed workshops for physician and healthcare workers that she designed and implemented as Clinical Director of Counseling, UCSF. Now, she adds data gathered from years of counseling, coaching and consulting...and her own experience as a healthcare worker. Addiction/Recovery work, for which PJ has decades of experience, more specifically involves quick action: Active listening, social perceptiveness, critical thinking, deductive reasoning, and a big collaborative spirit. The focus is achievement-to-results. Does this successful work approach equal a challenging gridlock for self care? Enter *LeadLifeNow*. Whole-patient/client healthcare delivery, which is especially emphasized in addiction treatment and recovery sustainability, starts now with your own whole-person dedication to yourself. MySelf, My Patient is your long-term plan. Participants will:



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- Learn the introduction to the *Leadlifenow* model
- Discover the pros and cons of attention, distraction & detachment on whole health
- Understand range-of-change impact
- Determine their proactive/reactive life element grid
- Experience the biochemical changes of fun

### **Bio:**

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

Paula-Jo (PJ) is a licensed Marriage & Family Therapist, Coach, and Workplace Consultant. She holds degrees in Counseling Psychology and Media Communications. Her practice is a resource library for the range of clients' life situations. She engagingly shares her insights, research, and experiences candidly. Her self-esteem work with diverse populations has been recognized by the San Francisco Mayor's Office and the California State Assembly. She is certified in EMDR; trained in EMDR & Peak Performance Enhancement by founder Sandra Foster, PhD; and experienced first-hand the brain's potential to retrain, through her own life challenges and that of clients. PJ's a longstanding member of WAAT, CHADD; a research author on healthcare worker burnout prevention; and was a real-life coach in Bravo TV's reality show, Miss Advised. She volunteers in leadership roles for the American Cancer Society and Conspiracy of Beards/Conspiracy of Venus. Her first book, *Catch Your Star: Top Experts Share Insights for Lifelong Fulfillment*, was released in 2013. The *LeadLifeNow Workbook* is currently in progress.

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 acappella womens' choir.

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