

Paula-Jo Husack MA LMFT CGP

Coaching Counseling Consulting
Individuals, Couples, Families, Teams

www.leadlifeflow.com

pj@leadlifeflow.com

Popular Topic:

LeadLifeNow--Or When?

Get It & Grow It

A Workshop for Womens' Powerment

Life leadership is for everyone. Times of change or transition are often catalysts for life leadership development. Here is an introduction to LeadLifeNow, a process model that will allow you more control over various life elements, even when health seems to be run by providers and healthcare organizations. A cancer diagnosis and subsequent processes give us little time to ask the question, "How can we proactively lead our lives?" Joining BAYS is one way. This workshop adds an additional system, movable into life beyond breast cancer.

LeadLifeNow is a guiding life leadership model; a resource to add to others you'll grab on life's journey. Seekers have been learning LeadLifeNow in private groups, workshops and individually. Participants will:

- Define life elements and consciously work with them.
- Discover easy-to-implement strategies for optimal life performance.
- Understand the power of choice
- Construct the beginnings of your proactive/reactive leadership grid.
- Engage in process tools to create, develop, and maintain your own action plan.

Bio:

Paula-Jo (PJ) is a licensed Marriage & Family Therapist, Consultant, & Coach. She's a dynamic yet low-key inspiring speaker and workshop facilitator who guides participants to define and empower themselves. Besides counseling psychology, she holds a degree in Media Communications and is a performing artist with Conspiracy of Venus. Her coaching and counseling practice is a resource library for clients' endless life's situations. 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; and uses the Gottman model when working with couples. 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, Conspiracy of Beards, and Thrillride Mechanics Childrens' Theater. Follow her poignant and popular blogs on her website: www.leadlifeflow.com.

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