



Paula-Jo Husack MA LMFT CGP
Coaching, Counseling, Consulting
Individuals, Couples, Families, Teams



Popular Topic:

LeadLifeNow — Or When?

Get It & Grow It

A Workshop for Performing & Creative Artists

Life leadership is for everyone. Yet, our artist's mind is not everyone's. Times of potential change or transition are often the catalyst to take charge of a specific area of our lives. Creative and performing artists can easily override the alerts for action because our brains' neuronal pathways actually flood with the chemistry that puts and keeps us in our productive, creative Zone. Paula-Jo gets it. She's both an artist and a professional, who serves artists. So, was her interest in developing a LeadLifeNow model especially for people in the industry. This model plays a part in her performance coaching from here to New York City: When a pianist is out of tune or an actress is off stage center, it often tracks to a gridlock in one of the other LeadLifeNow elements. Although sometimes, it's just plainly what it is; and a simple tool or strategy will get things back on track. Paula-Jo's creative, engaging style pulls from years of research, observation and facilitation. Make this workshop gig your leadership gig. As Participants, you'll:

- Discover easy-to-implement strategies for optimal performance and genuine fulfillment
- Determine your reactive and proactive leadership styles; and the other players involved
- Understand how to communicate beyond their artistry
- Walk away with strategies and tools for overall life leadership
- Transfer artistic skills to life leadership
- Learn and have a good time

Bio:

Paula-Jo (PJ) Husack MA LMFT CGP

Paula-Jo (PJ) is a dynamic, inspiring, captivating speaker and workshop facilitator who guides and teaches diverse individuals and groups in optimal performance; with keys to personal and professional growth and transformation. 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); and a real-life coach in Bravo TV's reality show, *Miss Advised*. Follow her poignant, popular blogs at website: leadlifenow.com.

PJ is a native San Franciscan, who enjoys her family time and everything creative. She's a recognized photoartist. She sings with Joyce McBride's Conspiracy of Venus, a pop acapella choir; and, after rehearsal, may hit the SFJazz Center's performances around the corner.

Book PJ now for your next event or life move: call **650.619.6521**; email pj@leadlifenow.com.

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