

PAULA SHAW C.A.D.C. D.C.E.P

Life Transitions Expert * Author * Keynote Speaker * Media Host * Corporate Trainer



Paula is an innovator, visionary and pioneer in the Energy Psychology field and the author of the life changing books, ***Chakras: The Magnificent Seven: Pathways to Higher Energy, Happiness and Health, Grief...When Will This Pain Ever End? A Guide to Finding Your Way Out of the Depths of Despair, After Profound Loss and Saying The Right Thing...When You Don't Know What To Say.***

By combining elements of traditional therapy with cutting edge Energy Psychology tools, Paula has helped thousands of clients get relief from grief, stress, depression, and anxiety. She also helps them to identify and clear blocks to success, eliminate relationship issues, overcome their fears and shift self-sabotaging patterns and fee

Paula is the host of the popular Nationally Syndicated **Change It Up with Paula Shaw** Radio show which airs on AM 1170 The Answer in San Diego, as well as being Podcasted on all major platforms. She has a degree in Education and Communications from Long Beach State University, with graduate work at Loyola Marymount University, where she advanced her studies to become a Certified Alcohol and Drug Abuse Specialist and a Certified Grief Specialist. Grief has become a central focus of her work, as it is often a core issue in addictive and dysfunctional behavior.

Key Note and Workshop Topics:

Eliminate Beliefs and Behaviors that Sabotage Productivity!

In this interactive presentation, Paula guides participants who are experiencing stress, apathy, negativity and a lack of productivity, to re-balance their energies and regain a creative, collaborative, productive mindset. She uses mind/body tools and techniques, from the fields of Quantum Physics, Mindfulness and Energy Psychology, to identify and remove the subconscious limiting beliefs that underlie unproductive behaviors. These techniques, can be implemented by your team, quickly and easily, to create dynamic results that transform the working environment.

Mastering the Stress of Change and Challenge

Is your need for internal change creating frustration, anger, overwhelm or apathy within your team?

Life is uncertain and stressful changes that knock us off balance are a part of life. During this experiential presentation, Paula offers effective, innovative tools that calm the body and mind, to help participants eliminate stress, overcome challenges, and embrace change. These scientifically proven tools and strategies are drawn from Quantum Physics and Energy Psychology and have helped thousands of people achieve balance and inner peace. Paula shows you how to shift and maintain your energetic state anytime, anywhere...even during periods of stress, loss, or uncertainty.

What Do I Say to My People in Emotional Pain?

As a leader or a fellow human...do you know what to say to the person on your team who is struggling with serious emotional pain?

Finding the right words to say when someone is hurting...from a death, divorce, loss, or other life challenge...can be uncomfortable and frustrating. No one wants to unintentionally hurt someone who is already suffering, but until now it's been hard to know what to do. With content from her latest Best Selling book, Paula provides a clear understanding of what to say and what NOT to say to people in emotional pain. She gives you the perfect words and the right spirit in which to convey them, she coaches you on how to apply a step-by-step approach to communicating compassionately with those who are going through major life transitions.

Book Endorsements for Grief...When Will This Pain Ever End?

"The wisdom, compassion, and skillful practices in this book are vital friends on the journey to healing from loss and grief. A most trustworthy guide, Paula Shaw has included every aspect of befriending oneself each step of the way to transforming grief into tranquility."

- Michael Bernard Beck, Author, *Life Visioning*

"Paula Shaw brings to this book 24 years of guiding people through the process of healing the grief produced by loss. Whether it is a death, job loss, identity loss, a breach of trust or faith, or the loss of a limb or physical health. Any kind of loss takes its toll on life and most of us have no idea what to do until now... this book shows you the way."

- John Assaraf, Best Selling Author, CEO *Neurogym*



Paula Shaw is the host of Change It Up with Paula Shaw Radio on The Answer FM

96.1 AM 1170

The Answer

Videos : <https://www.youtube.com/user/PaulaShawCounseling>

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