



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

Life Transitions Expert | Podcast Host | Author | Keynote Speaker | Corporate Trainer  
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Paula is an innovator, visionary, and pioneer in the field of Energy Psychology, host of the popular **Change It Up Radio!** Podcast, and author of the life changing books: **Chakras: The Magnificent Seven, Grief...When Will This Pain Ever End?** 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 at work and in relationships and assists them in overcoming their fears, and their self-sabotaging behaviors.

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 became a central focus of her work as it is often a core issue in addictive and dysfunctional behavior.

## Keynote & 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 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 Disruption

Everyone is talking about disruption these days. Change has become the Holy Grail in business today. But is your need for internal change causing frustration, anger, overwhelm or apathy within your team? Life is uncertain and stressful changes that knock us off balance can affect the workplace environment as well as worker productivity. 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 have helped thousands of people achieve balance and inner peace.

### How Do I Talk to 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 speak when someone is hurting, (from a death, divorce, loss, or other life challenge,) can be uncomfortable and frustrating. 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 coaches you and your team on how to apply a step-by-step approach to communicating powerfully and compassionately with those who are going through major life transitions at home or in the workplace.

### 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



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