



PAULA NAEFF

PERFORMANCE & PRODUCTIVITY COACH

Paula Naeff is a Public Speaker and Performance & Productivity Coach.

Former manager, full time Mom, dancer and certified Pilates instructor, Paula helps busy professionals, business owners, leaders and teams find **Clarity, Focus** and Confidence and live a balanced life with **more time and joy** day to day, busting the looming burnout bubble.

In her work Paula takes into consideration all parts of a human being - the Mind, the Body and the Soul without forgetting humor and fun.

When not serving her clients or posting valuable information on social media, Paula can be found on adventures with her kids and dog, in a ballet class or painting a picture.

SIGNATURE TOPICS

- Life Hacks to prevent Burnout and Depression
- The Foundations of Confidence for individuals and teams
- Simplify and set priorities to free up hours in your week
- Creating Company Culture and defining Values

WAYS TO WORK WITH ME

- Presentation on a specific topic for a team or entire company
- Workshop / Series of Workshops on chosen topic for a team or entire company
- Keynote Speech for an Event
- 1:1 Coaching
- Group Coaching



Please feel free to contact me with any questions



LET'S WORK TOGETHER

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