

Paula Friedland, LCSW

Paula Friedland is a Licensed Clinical Social Worker, Corporate trainer, and public speaker.

She has worked as a counselor, and a certified life and executive coach, for over 19 years, including 7 years as a coach for the Tony Robbins organization. In addition, Paula has worked extensively as a trainer, in the Employee Assistance Field and beyond, delivering hundreds of in-person trainings and webinars, across multiple industries, over the past 20 years. Her trainings and presentations are known for being interactive, dynamic and inspirational.

Paula also teaches a unique and transformational approach to getting over the fear of public speaking, called, "Soul Speaks". Her mission is to help people bring their voices out in the world, allowing them to become authentic, empowered speakers in whatever arena they envision.

Before working in the corporate world, Paula worked extensively in the theatre, in New York City and abroad, and brings the creativity from her artistic background to all her endeavors today.