Embrace the Power of Your Authentic Voice with Paula Friedland - Episode 373

In this Episode:

- Paula shares her inspiring journey from a 13-year career in musical theater to becoming a transformational coach, co-creating "Soul Speaks"—a powerful method designed to help individuals discover and express their authentic voice in public speaking.
- Discover how Soul Speaks can transform your communication, helping you elevate your voice, embrace your personal story, and connect authentically with any audience—whether on stage, in a meeting, or in everyday conversations.
- Learn the true meaning of deep connection, shedding the masks we wear, and embracing the power of your authentic voice to unlock the unique magic and impact that only you can bring to the world.
- Explore how Paula uses the organic flow of her one-woman show to embody the principles of Soul Speaks, demonstrating how deeply connecting with your message can create a powerful movement and inspire those around you.
- Understand the importance of embracing your gifts—even in their imperfect forms—as a means to make a meaningful and lasting impact in the world.

Notable Quotes:

“We find our purpose as we go.”

“No voice that's alike and we need every single one of them.”

“What is your voice and your message worth?”

Pearl of Wisdom:

1. You can change the world by being yourself.
2. What people want is not perfection, it's authenticity.
3. Create content in a different way than just from your head.

Resources:

Paula Friedland is a counselor, certified coach, facilitator, and speaker with over 24 years of experience helping individuals and groups create meaningful, fulfilling lives aligned with their values. Drawing on her 13-year career as a New York City actress and singer, Paula developed the transformational *Soul Speaks*™ method, co-founded with Lizanne Corbit, to help people overcome public speaking fears, unlock their authentic voices, and become powerful, genuine speakers. Her work blends creativity, passion, and humor with a mission to inspire greater, deeper, freer self-expression. In 2023, Paula was named a Top Three Finalist in the North American Greatest Speaker Competition.

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Soul Speaks from the Stage - Join Kami Guildner and Paula Friedland on February 6-8, 2025, as they combine their passion for raising up voices for impact. Give voice to the message and stories that you're meant to deliver into the world.

Link to this show: https://www.kamiguildner.com/ewr-paula-friedland-eps-373/

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