

Paula Robbins

PAULA ROBBINS

Keynote Speaker | Author | Recovery Advocate



38 Years Thriving in Recovery | 10,000+ Lives Touched | International Impact Book Award Nominee

Signature Keynote

Hitchhiking into Recovery: The Four *Pillars of Connection*

How authentic connection becomes the pathway to healing, growth, and wholeness

| What Audiences Learn

- The Four Pillars framework they can use TODAY (Community, Service, Mentorship, Spirit)
- The neuroscience of connection and transformation
- Real stories proving profound change is possible
- Practical tools for immediate application

| Perfect For



Corporate wellness



Women's leadership



Recovery related events



Mental Health events



Spiritual retreats

Duration

45-75 minutes

Formats

Keynote | Workshop | Breakout | Panel

| As Featured In



& more

| Why Book Paula?

Paula transformed her life journey into a framework for healing thousands worldwide. **She offers audiences :**

- ☑ **Raw Authenticity** Genuine storytelling from lived experience
- ☑ **Practical Framework** Tools the audience can apply immediately
- ☑ **Proven Results** 30+ years guiding transformation
- ☑ **Universal Message** Relevant beyond recovery

| What Planners Say

“Paula’s ability to connect, inspire and transform rooms is extraordinary.”

— George Carroll, Keynote Speaker & Author

“Paula has a natural ability to put an audience at ease while confidently leading conversations around deeply human topics.”

— Ari Hunniford, CEO, Awkwardly Zen

| Video Demo Reel

PaulaRobbins.com/speaker



| About Paula Robbins

- Certified Counseling Hypnotherapist (CCHt)
- **Author:** "Hitchhiking into Recovery"
- **Founder:** The Lighthouse Community
- **Keynote Speaker**



| What’s Included

- ☑ Pre-event consultation
- ☑ Customized content
- ☑ Professional marketing materials
- ☑ Interactive Q&A
- ☑ Optional book signing
- ☑ Post-event resources

Audience sizes:
20-1,000+

Formats:
In-person, virtual, hybrid

30+

years in healing arts and wellness work

25+

years speaking experience

Corporate background brings practical, relatable style

Paula has inspired audiences in recovery organizations, corporate wellness programs, women's summits, healthcare conferences, spiritual retreats, universities, youth groups, and nonprofit events.

| Booking & Contact

✉ connect@paularobbins.com 🌐 PaulaRobbins.com/speaker

Response Time : Within 48 hours

Booking : 1-3 months advance (flexible for urgent opportunities)

Connect : @paularobbins | SunlitPathways | [Paula Robbins](http://PaulaRobbins)