



Paula Chaffee Scardamalia
Professional Speaker/Author

Since 1993, Paula has taught business skills, creativity, writing, and dream work to groups and organizations. She began her speaking career teaching business writing to employees at Group Hospitalization, Inc./Blue Cross and Blue Shield of Washington DC, and now regularly teaches writing, dream work, and creativity to women's organizations.

While raising her three sons with her husband of 33 years, Paula built her internationally recognized business as a professional weaver, with work in galleries and private collections across the country and abroad. She discovered that her ancient craft is also a contemporary metaphor for weaving a life. She now presents unique and interactive keynotes, seminars, and multi-day retreats using techniques such as dream theatre, journaling, and body weaving, to help others learn how to weave a business, a community, or a life with joy.

To book Paula now, call
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How to Weave Your Life and Business with Passion, Creativity and Balance!

Too often, women struggle with the challenge of building a successful business or career while also trying to be the perfect wife, mother, friend, and community member.

Inevitably the struggle becomes overwhelming, frustrating, and exhausting. Failure in the balancing act seems certain as women strive to divide time and attention between conflicting demands. Our attention, our energy, our lives seem to unravel. But weaving teaches us how to bring the threads of our lives together in a successfully balanced and joyful way.

Weaving, because of its ancient and archetypal nature is a vibrant and effective metaphor for the integration of opposites.

Weaving is about integrating structure and freedom, order and chaos, tension and flexibility, strength and weakness, traditional and contemporary. Paula educates, entertains, and communicates a powerful message as she weaves purpose with passion for your group or organization.

Paula's popular topics:

Silence and Solitude – Sustenance for the Working Soul

Do the sounds of 21st century technology follow you throughout your day? Are you surrounded by so much noise at home, at work, even in your car that you can't think straight? Are you afraid to turn off the noise because you might finally have to listen to what your heart and soul are trying to tell you?

In the presentation, Paula shows:

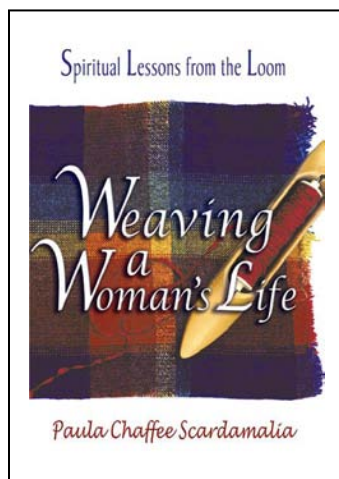
- > how other cultures value and make space for retreat into silence and solitude
- > how to make space in your day and your environment to practice silence and solitude – the Silence and Solitude Room
- > how to use silence and solitude for creative problem solving, to tune into intuition, and to deepen understanding

From delighted clients:

< *The guidance I received from the work we did together, pointed to areas I needed to develop in myself personally and professionally, as well as provided insights about how to approach health issues for myself and my clients.*
~Marion Bergan Irwin, Licensed Acupuncturist

< *I was unable to move forward with a particular part of my book because the information I needed to write about was painful and I was afraid to tackle it. She shored me up with her wisdom and compassion, helping me to honor the difficulty, and the process of moving through it. It proved to be a major breakthrough for me.* ~Sheila Weinstein, writer

< *I'm grateful when I meet someone who can help me on this life journey but I feel truly blessed when that someone is as kind and compassionate as Paula* ~Georgia Chantiles-Ruby, artist



Making Mistakes – Opportunity for Growth not Guilt

From the lowest level clerk to the highest office in the country, mistakes in the business place and personal life are hidden, lied about, or ignored until what was small and insignificant can grow large enough to sink a corporate structure the size of Enron.

With Paula learn:

- > three steps to turning a mistake into an opportunity rather than an occasion for guilt-finding
- > how acknowledging mistakes to employees, customers and others can create a bond of humanity and an atmosphere of trust
- > how making a mistake is a path to Spirit

From Multitasking Maniac to Mindfulness Maven

With so many technological tools at our fingertips, and so many roles to fill, multitasking seems unavoidable, and even expected of us as women. But though we may be capable of it, multitasking may be the culprit affecting the quality of our work, our health, and our relationships.

Hear Paula explain:

- > Why multitasking makes you stupid, not Superwoman
- > Why establishing priorities and deadlines helps create a structure of first this, then that, and decreases stress
- > Why "time outs" and an organized environment increase your focus and energy

These talks are based on Paula's book:

Weaving a Woman's Life: Spiritual Lessons from the Loom!

Award Finalist in USABookNews.com Best Books 2006

"This beautiful book creates an inspiring and insightful glimpse into how we are all weavers of our own lives..."
Sarah and Paul Edwards, authors, *The Practical Dreamer's Handbook*

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*For other topics check out her website at
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