



*Paula*  
C A S E L L A

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Dr Paula Casella's skills as a business consultant, facilitator, teacher, speaker, and transpersonal leader are informed by her multicultural upbringing and a professional pathway charted by keen intelligence, curiosity, and compassion. In over 25 years of experience she has worked with a broad spectrum of clients, seeking always to expand their capacity to see challenges from multiple angles and to fearlessly engage in difficult and strategic conversations. She grew up on three continents and is fluent in English, Portuguese, Italian, and Spanish.

Paula began her career as a quality of life consultant in Brazil where she created healthy workplace initiatives for large international companies, earning professional awards. She developed expertise in team dynamics, change management, conflict resolution, performance management, strategic alignment, restructuring and partnerships.

Paula's personal health struggle lead her to Rebecca Cohen, who was instrumental in supporting Paula back to full health (from being fully debilitated by Lyme Disease). Paula's curiosity and commitment to being her best for her clients, took her on the journey of becoming a certified The Path To Heal practitioner.

Using insights from her life experience and education, Paula is attentive to the ways all aspects of our humanity influence the workplace and relationships. This perspective empowers her clients to gain clarity about setting priorities, recognizing opportunities, and building conscious relationships. Her unique approach can transform entrenched conflict into courageous awareness of new possibilities. Thus, allowing organizations and individuals to live more fulfilling and rewarding experiences.

Paula holds a bachelor's degree in Psychology/Organizational Psychology, a master's in Business, and a master's and doctorate in Transpersonal Psychology. She also holds certificates in Mediation, Wellness Counseling and Life Transformational Coaching. She is a The Path to Heal practitioner.