

Coach Paula Grande of Power Up With Paula Recently Featured on Close Up Radio

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Managers and leaders are critical to the success of every organization, yet even highly capable professionals can find themselves feeling stuck, uncertain, or lacking the confidence to take their careers to the next level. Coaching can provide the trusted partnership, perspective, accountability, and encouragement needed to help professionals rediscover their strengths and move forward with purpose.

And if anyone believes that successful professionals don't need coaching, perhaps it's time to reconsider. Even the world's most accomplished athletes, performers, and business leaders continually turn to coaches to sharpen their skills, overcome obstacles, and reach their next level.



One coach who understands this journey from the inside out is Paula, founder of Power Up with Paula.

As an experienced corporate professional and certified executive coach, Paula works primarily with mid-level professionals who have reached a point in their careers where they know something needs to change—but aren't quite sure what that change should look like or how to make it happen.

"I help people get out of a rut," says Paula. "We get into our careers, go day by day, and suddenly realize five years have gone by. We're still doing the same thing, our days look the same, and we feel stuck."

Paula calls the process of moving forward a “Power Move.”

Perhaps a client wants to advance professionally, develop a particular leadership skill, build greater confidence, navigate a transition, or overcome imposter syndrome. Paula provides the tools, perspective, encouragement, and accountability to help clients identify where they want to go and begin taking meaningful steps toward getting there.

Her coaching is highly personal and collaborative. Through one-on-one conversations, Paula serves as a sounding board, cheerleader, and trusted partner—drawing upon her own extensive experience in the corporate world to help clients navigate challenges they may be encountering for the first time.

Her professional journey makes her uniquely equipped for this work. What makes Paula even more unique is that she isn't coaching from a textbook—she spent 30 years inside corporate America, experienced change, mergers, different leadership roles, and watched colleagues struggle through career transitions. That gives her coaching a very authentic, relatable foundation.

Paula studied Business Management in college, where an Organizational Behavior course during her senior year sparked a passion that would ultimately shape her career. After spending decades in corporate America, she returned to school and earned a master's degree in Organizational Leadership before becoming certified in executive coaching. She also brings approximately 30 years of experience with the same organization, where she worked in numerous roles and experienced firsthand the evolution of modern corporate life.

Beginning at the entry level, Paula advanced into supervisory responsibilities, worked as a traveling auditor, became a relationship manager, and managed virtual teams. She experienced organizational mergers, significant changes, leadership development initiatives, and the many transitions that accompany a long corporate career.

Along the way, she also watched colleagues navigate layoffs, career disruptions, organizational changes, and uncertainty.



Those experiences gave Paula something that cannot simply be learned in a classroom: perspective from having been in the trenches herself. She understands that professional success isn't always a straight line.

Today, Paula typically works with clients for three to six months, although some return to her years later when they encounter another important transition in their careers. Her clients may seek coaching when they are preparing for a promotion, developing new skills, struggling with confidence, confronting imposter syndrome, or simply wondering what comes next.

For Paula, coaching is a partnership.

She doesn't believe in simply telling people what to do. Instead, she helps clients uncover their own answers, recognize their capabilities, challenge limiting beliefs, and develop the confidence to take action.

One area particularly close to her heart is imposter syndrome—the feeling that despite accomplishments and experience, someone isn't truly qualified or capable of stepping into the next opportunity.

Paula helps clients recognize that confidence doesn't necessarily have to come before action. Sometimes confidence is built by taking the action, learning from the experience, and discovering that you were more capable than you believed.

She also works with clients around boundaries, helping them understand what they can—and cannot—control while giving themselves permission to establish healthier boundaries in both their professional and personal lives. Her philosophy extends beyond career advancement.

Paula believes professional success should complement a fulfilling life rather than consume it. Her goal is to help people achieve meaningful success while also developing the confidence, balance, and self-awareness necessary to enjoy their lives outside of work.

Ultimately, Paula wants to see a world in which people help one another succeed.

Despite being more digitally connected than ever, she believes many people have become increasingly isolated—returning home, closing the blinds, retreating into their phones, and losing some of the human connection that communities need.

Her vision is different.

She wants people to empower one another, support one another, and remember that life is not simply about “me.”

"We need to care" is at the heart of Paula's philosophy.

Through Power Up with Paula, she is creating a space where professionals can step back from the daily demands of their careers, examine where they are, envision where they want to go, and develop the confidence to make their next move.

Paula's own life is proof that careers can evolve, skills can grow, and new chapters can emerge at any stage. After decades of corporate experience, she discovered a new calling in helping others succeed—and today, that passion has become her purpose.

Her message is simple but powerful: You don't have to stay stuck. You have more power than you may realize, and sometimes the most important step in your career is simply deciding that you're ready to make your next Power Move.

Through her coaching, Paula is helping professionals not only become more effective leaders and confident individuals, but also create lives they can genuinely be proud of—both personally and professionally.

Close Up Rado recently featured Paula Grande in an interview with Jim Masters on Tuesday August 25th at 2pm Eastern

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For more information, please visit <https://www.powerupwithpaula.org/>

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