

Julie

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MOTIVATOR . MENTOR .
MASTER COACH .



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ABOUT

I'm a personal transformation coach with 15 years of experience coaching leaders in demanding positions. As an attorney, I understand that ambitious professionals desire to excel in all areas of life.

Burned-out in the workplace and suffering chronic health issues related to stress and anxiety, I tapped into my deep knowledge of holistic wellness and sought guidance from a coach.

In the coaching relationship, I developed new insights, made changes and improved my health and well-being. As a result, my life and my business were transformed. I was inspired to pursue my life purpose: help others in high-performance roles.

My clients come from varying backgrounds, but they have one thing in common--they desire a healthier life without compromising income or productivity. They learn the keys to successfully incorporate wellness into their demanding roles. By focusing on personal empowerment and mindset, they're rediscovering the joy in their work and life. The beautiful result is a thriving, lucrative and harmonious career.

My commitment to personal and professional well-being for my clients has been shaped by my experiences seeing how one can reverse the impact of stress on the body and mind in the context of hard-charging work environments.

MISSION

I help lawyers establish a sustainable way of working that's satisfying, impactful and purpose-driven--powered by well-being.

CREDENTIALS

Master Certified Transformational Coach
Certified Health and Life Coach
15 years Corporate Lawyer
Fortune 500 Company, Change Management Director
Graduate Training, Counseling and Psychology
English Labrador Puppy Mom in Training