

OACH "BALANCING YOUR OVERWHELMED WORLD"

Juli Motivates, Inspires, and Educates audiences as a Keynote, Break-out Speaker, or In-house Trainer

"HANDLING ADHD IN THE WORKPLACE – YOU'VE GOT THIS!" "HANDLING ADHD IN THE WORKPLACE – YOU'VE GOT THIS!" Thousands of adults are being newly diagnosed with ADHD every year. Some of them are probably working for or with you – and perhaps, it IS you. Thousands of adults are being newly diagnosed with ADHD every year. Some of them are probably working for or with you – and perhaps, it is you. Thousands of adults are being newly diagnosed with ADHD every year. Some of them are probably working for or with you – and perhaps, it is you. Thousands of adults are being newly diagnosed with ADHD every year. Some of them are probably working for or with you – and perhaps, it is you. Thousands of adults are being newly diagnosed with ADHD every year. Some of them are probably working for or with you – and perhaps, it is you.
"HANDLING ADHD IN THE WORKPLACE – YOU'VE GOT THIS!" Thousands of adults are being newly diagnosed with ADHD every year. Some of them are probably working for or with you – and perhaps, it is you: Thousands of adults are being newly diagnosed with ADHD every year. Some of them are probably working for or with you – and perhaps, it is you: It's hardly a reason to quit or even worry! There are a number of new ways to handle the challenges of ADHD. As an expert on the topic, Coach Juli it's hardly a reason to quit or even worry! There are a number of new ways to handle the challenges of ADHD. As an expert on the topic, Coach Juli and give companies the confidence that they can train their management and staff how to understand and even gain from the energy of those in their and give companies the confidence that they can train their management and staff how to understand and even gain from the energy of those in their and give companies the confidence that they can train their management and staff how to understand and even gain from the energy of those in their and give companies the confidence that they can train their management and staff how to understand and even gain from the energy of those in their and give companies the confidence that they can train their management and staff how to understand and even gain from the energy of those in their and give companies the confidence that they can train their management and staff how to understand and even gain from the energy of those in their and give companies the confidence that they can train their management and staff how to understand and even gain from the energy of those in their and give companies the confidence that they can train their management and staff how to understand and even gain from the energy of those in their and give companies the confidence that they can train their management and staff how to understand and even gain from the energy of those in their and give companies the confidence that they can train their management and
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ADHD can be understood and managed, and even ADHD can be understood and managed, and even "PRODUCTIVITY DESPITE DISTRACTIONS" "With the digital world whirling facts and images at us at blinding speed, it's almost impossible not to be distracted. This might seem harmless, but with the digital world whirling facts and images at us at blinding speed, it's almost impossible not to be distracted. This might seem harmless, but with the digital world whirling facts and images at us at blinding speed, it's almost impossible not to be distracted. This might seem harmless, but with the digital world whirling facts and images at us at blinding speed, it's almost impossible not to be distracted. This might seem harmless, but with the digital world whirling facts and images at us at blinding speed, it's almost impossible not to be distracted. This might seem harmless, but with the digital world whirling facts and images at us at blinding speed, it's almost impossible not to be distracted. This might seem harmless, but with the digital world whirling facts and images at us at blinding speed, it's almost impossible not to be distracted. This might seem harmless, but with the digital world whirling facts and images at us at blinding speed, it's almost impossible not to be distraction. Coach Juli's innovative methods help people how much time we lose each week! Coach Juli will show how to win that time back by sharing the secret techniques of keeping your mind engaged and focused. Distractions only waste time. They typically make us feel anxious and rob us of job satisfaction. Coach Juli's innovative methods help people focused. Distractions, and stay on task. Your staff and your company will greatly benefit from this presentation. Can YOU ignore that next email for a reduce distractions, and stay on task. Your staff and your company will greatly benefit from this presentation.
With the digital world whirling facts and images are sjust to recover from an interrepresentation of the secret techniques of world values of the people take 15-30 minutes just to recover from an interrepresentation. Coach Juli's innovative methods help people take 15-30 minutes just to recover from an interrepresentation. Coach Juli's innovative methods help people take use for the secret studies show most people take 15-30 minutes just to recover from an interrepresentation. Coach Juli's innovative methods help people take 15-30 minutes just to recover from an orbit so of job satisfaction. Coach Juli's innovative methods help people how much time we lose each week! Coach Juli will show how to win that time back by satisfaction. Coach Juli's innovative methods help people how much time we lose each week! Coach Juli will show how to win that time back by satisfaction. Coach Juli's innovative methods help people how much time we lose each week! Coach Juli will show how to win that time back by satisfaction. Coach Juli's innovative methods help people how much time we lose each week! Coach Juli will show how to win that time back by satisfaction. Coach Juli's innovative methods help people take the satisfactor of the satisfactor o
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how much time we look on the time. They typically matter we company will greatly benefit
focused. Due addree distractions, and stay on task. To a
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"YOU'VE GOT MAILAND Know workday handling emails." In the prioritize the handling of onder your inbox down below a 3 diger of
focused. District on a stay on task. Four- focus, reduce distractions, and stay on task. Four- alert? Past attendees can! "YOU'VE GOT MAILAND MAILAND MAIL!" We now spend an average of 28% of our workday handling emails! In this presentation, attendees will learn techniques to reduce time wasted on emails, as well as becoming more productive. They will learn how to properly prioritize the handling of emails quickly and efficiently. Attendees with emails, as well as becoming more productive. They will learn how to properly prioritize the handling of your inbox down below a 5-digit figure learn the three "R Rules" of Email Management: Remove it; Respond to it; and Rule over it! If you want to get your inbox down below a 5-digit figure want to hear this!
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"DON'T WASTE YOUR TIME: NO test what their time is word!" In the reasonable will also learn why the testing."
 emails, as were "R Rules" of Email Managemented you want to hear this! you want to hear this! "DON'T WASTE YOUR TIME! NO REALLY, STOP THAT!" "How many people really stop to figure out what their time is worth? In this presentation, attendees will learn the value of their time and how to properly utilize it. Innovative time-management techniques are taught. They will also learn why the techniques work and why time is the most properly utilize it. Innovative time-management techniques are taught. They will also learn why the to appointments, miss deadlines, lack is uncertaint resource we have.
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 DON IT WHOLE really stop to figure out what the property utilize it. Innovative time-management techniques are taught. They will deal property utilize it. Innovative time-management techniques are taught. They will deal property utilize it. Innovative time-management techniques are taught. They will deal property utilize it. Innovative time-management techniques are taught. They will deal property utilize it. Innovative time-management techniques are taught. They will deal property utilize it. Innovative time-management techniques are taught. They will deal property utilize it. Innovative time-management techniques are taught. They will deal property utilize the appointments, miss deadlines, lack important resource we have. Although this presentation is for everyone, it is especially important for those who are constantly late to appointments, miss deadlines, lack follow-through skills, or who procrastinate on getting tasks done. The old adage that "wasting time is such a waste of time!" is true. Juli will show how the make that a habit of the past.
Although this presentation is for everyone, it is the first action of adage that
follow-through skills, or who proclastifiate to b
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of mayory
If any of those issues are bugging you were somewhere che, the lives, Coach Juli leaches you were somewhere che, the lives, Coach Juli leaches you were somewhere che, the lives are bugging your day.
are no longer waking the application of achieving and how to build priority lists through
Or maybe you've new set bugging you, now is the time to re-gain your balance, energy dely, or worse BEING someone energy and the set of the set
Argentine Tango due practical time management precerve overful purpose and uncertain of the second of the second s
how to care for your body and sour, we happy and learn to reframe your mindset to eliminate negative is and deflating sen-total of the construction of the sentence of the sen
Coach Juli shares how you can ensure into the healthy flything are involved in this presentation. This is one seminary
Tango itself, she will show you have a still to shoes are involved
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Why do we have SO much unnecessary stuffer of holding onto things and NOT simpley weighs the benefits of holding one happier and less-stressed. Whether do
Stuff gets in the way of living. The benefits of having less clutter, their lives so they can be an become the state of th
"SIMPLIFY. YOUR LIFE DEPENDS ON IT. Why do we have SO much unnecessary stuff??? Why do we have SO much unnecessary stuff??? Stuff gets in the way of living. The burden of holding onto things and NOT simplifying our purpose and mission (even our daily onco) so much stuff. Stuff gets in the way of living. The burden of holding onto things and NOT simplify the lives so they can become happier and less-stressed. Whether the stress and countless physical problems. The benefits of having less clutter, far outweighs the benefits of the lives so they can become happier and less-stressed. Whether the stress and countless physical problems. The benefits are far-reaching and stress and countless physical problems and stills attendees will learn will permeate all areas of their life. The benefits are far-reaching and stress have been to make stuff go away! Attendees learn how to simplify their permeate all areas of their life. The benefits are far-reaching and stress and countless physical problems and skills attendees will learn they grow up, so learning the skills of simplification will benefit not
Coach juir shows at work or at home, the tation take on these problems when they a
Why do we have so fliving. The burden of houng or having less clutter, far outvorger so they can become happer and stress so they are a become happer and stress and countless physical problems. The benefits of having less clutter, far outvorger lives so they can become happer and stress and countless physical problems. The benefits of having less clutter, the investor lives so they can become happer and stress and countless physical problems. The benefits of having less clutter, the permeate all areas of their life. The benefits are far-reaching and Coach Juli shows how to make stuff go away! Attendees learn how to simplify their lives so they can be only the swifts of simplification will benefit not problems surface at work or at home, the tactics and skills attendees will learn will permeate all areas of their lives of simplification will benefit not problems surface at work or at home, the tactics and skills attendees problems when they grow up, so learning the skills of simplification will benefit not profound. It is generational as wellour children take on these problems when they grow up, so learning the skills of simplification will benefit not profound. It is generational as wellour children take on these problems when they grow up, so learning the skills of simplification will be performed at the person attending, but those in their lives, as well.
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