



COACH  
JULI

## “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!”

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 can 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 ranks who may have ADHD. There is absolutely no reason to lose a great employee due to disorganization problems, or poor communication and follow-through. And don’t lose your own job because you didn’t find solutions to the problems you are experiencing. Come on in and learn about how ADHD can be understood and managed, and even used as a competitive edge.

### “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 recent studies show most people take 15-30 minutes just to recover from an interruption, and most of us are interrupted several times daily. Think 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 focus, reduce distractions, and stay on task. Your staff and your company will greatly benefit from this presentation. Can YOU ignore that next email alert? Past attendees can!

### “YOU’VE GOT MAIL...AND MAIL...AND 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 will 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 – 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 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 to make that a habit of the past.

### “BALANCE IS LIKE THE PERFECT TANGO”

Do you ever feel like you should go back to bed and start over?  
Is your life spiraling out of control and you feel you have lost the balance you once had?  
Or maybe you’ve never achieved balance and want to know how to do so!

If any of those issues are bugging you, now is the time to re-gain your balance, energy and optimism. It’s a great time to gain clarity and power so you are no longer walking around wishing you were somewhere else, doing something else, or worse BEING someone else. Using the metaphor of Argentine Tango dancing to explain the magic of achieving balance in our lives, Coach Juli teaches you the inner techniques that can get you going again. She teaches practical time management practices, and how to build priority lists through simplifying & organizing your day. She shows you how to care for your body and soul, while developing a powerful purpose and direction in your life.

Coach Juli shares how you can choose to be happy and learn to reframe your mindset to eliminate negativity, and retain a positive attitude. Like the Tango itself, she will show you how to tap into the healthy rhythms of life that can lift you beyond those delaying and deflating self-doubts that have held you back. And yes, three-inch stiletto shoes are involved in this presentation. This is one seminar your attendees will not forget!

### “SIMPLIFY. YOUR LIFE DEPENDS ON IT.”

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 ones) causes emotional stress and countless physical problems. The benefits of having less clutter, far outweighs the benefits of holding onto so much stuff. Coach Juli shows how to make stuff go away! Attendees learn how to simplify their lives so they can become happier and less-stressed. Whether the problems surface at work or at home, the tactics and skills attendees will learn will permeate all areas of their life. The benefits are far-reaching and profound. It is generational as well...our children take on these problems when they grow up, so learning the skills of simplification will benefit not only the person attending, but those in their lives, as well.

COACH JULI SHULEM, CPC, PCC  
ADHD Productivity Coach · Speaker · Author

OFFICE (805) 964-2389 CELL (805) 570-6660 EMAIL [balance@coachjuli.com](mailto:balance@coachjuli.com)  
[www.coachjuli.com](http://www.coachjuli.com)