

Julia James CPCC, PCC, M.Sc.

International Speaker – Author – Certified Life Coach



"When I walked into the seminar I was feeling stressed, however after the seminar I felt relaxed and energized. I now have the tools I need to take better care of myself. Thank you, Julia!"

Legal Assistant, Harper Grey LLP, 2009

"Great techniques for incorporating relaxation and visualization into daily life."

Katie, Construction Manager, Cascadia Green Building Council Conference, 2008

"Take the time to relax! The return is greater than the investment."

Melanie Dufour, Customer Service Manager, Pacific Blue Cross, 2009

"A practical guide to increase effectiveness by making relaxation a priority of everyday life."

Daniel Stamp, Chairman & Founder of Priority Management Systems Inc.

Sustaining High Performance Teams with Mini-Retreats

Successful teams rise to the challenge of stress with calm, centered energy. Julia James' Mini-Retreat techniques help your team:

- be more focused & engaged,
- make better decisions
- contribute more creative ideas
- consistently perform at optimum levels
- take responsibility for personal health & well-being

Through Julia's Mini-Retreat programs participants design and commit to tangible action steps and reap results for months and years to come.

Julia's personal, interactive style creates a safe space for people to learn how to make relaxation an integral part of everyday life. With great enthusiasm for life and insights gleaned from years of coaching busy professionals, Julia encourages participants to learn from each other and take action.

Programs That Empower

For teams & busy professionals:

Learn how to control the many competing demands in your life and build the foundation for sustainable success! Explore how to relax and recharge quickly, so you can gain a higher level of energy, better concentration and improve overall effectiveness.

For leaders, managers and HR professionals:

Sustained high performance can only be achieved in a culture that promotes intentional relaxation and creative rejuvenation. Experience the impact of Mini-Retreats first hand. Begin to incorporate meaningful moments of rest into your workday and learn how to encourage your team to relax and recharge for high performance.

Presented at:

- HR Summit, Singapore, 2009
- HEAP Conference, Victoria 2009
- Health Work and Wellness Conference, Toronto, 2007

Clients include:

- Fraser Basin Council
- Harper Grey LLP
- Pacific Blue Cross

The Mini-Retreat Solution ~ Julia's new book

With over 80 different ways to relax and refresh your energy, **The Mini-Retreat Solution** is a simple, practical approach you can build into your life, no matter how busy you are. And when you do, you'll see the enormous benefits that come from such as small investment of time.

Julia James, CPCC, PCC, M.Sc. is a multi-lingual certified life coach, award-winning author and International speaker. She helps busy professionals around the world achieve balance in their lives through individual coaching and workshops. Author of the book, **The Mini-Retreat Solution** and the audio CD series, **Guided Mini-Retreats for Busy People**, she provides tools to manage stress effectively and to relax and re-energize quickly. Julia has been featured on Joy TV, CBC News, as well as in The Globe & Mail, Glow Magazine, BC Business Magazine and The Vancouver Observer.



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