

Julia James CPCC, PCC, M.Sc.
International Speaker – Author – Certified Life Coach

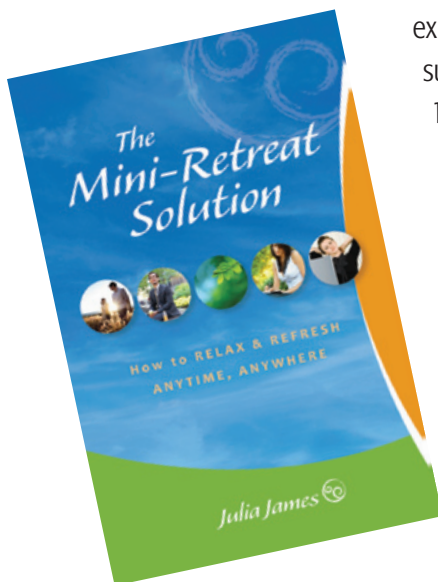


Julia James Bio

Julia James is an international speaker and certified life coach. Through individual coaching, workshops and presentations, she helps busy professionals around the world align personal and professional goals, master delegation, get focused and move forward. Her signature strength is teaching people how to relax and recharge quickly. Award-winning author of the book, **The Mini-Retreat Solution** and audio CD series **Guided Mini-Retreats for Busy People**, she is a strong proponent of stress management and deep relaxation techniques.

This aspect of her work is central to her life and deeply rooted in personal experience. A devoted fan of the simple life, Julia structures her affairs to support a healthy, low-stress lifestyle. She has practiced meditation for 12 years, Qi Gong and Aikido for four years. Naturally, she also runs her business with a strong intention to minimize pressure and maximize flexibility and fun.

The International Coach Federation has awarded Julia the Professional Certified Coach (PCC) designation. Julia is also certified as a Certified Professional Coactive Coach (CPCC) by the prestigious Coaches Training Institute. She holds a masters degree in Physical Geography (MSc.) from the University of Trier in Germany.





Julia James CPCC, PCC, M.Sc.
International Speaker – Author – Certified Life Coach

Question & Answers

Q: *Tell us about the day your thinking became unstuck and you awakened to the benefits of stress management.*

A: (1-2 minutes) sharing my personal story

Q: *When you first got inspired to take Mini-Retreats in your own life, did you know how to relax? Did you have relaxation strategies in place?*

A: (1 minute) sharing my experience with martial arts and meditation and how I began integrating quick relaxers into my day

Q: *What inspired you to write *The Mini-Retreat Solution*?*

A: (30 seconds) my vision to make quick relaxation techniques accessible and reach more people

Q: *How does your book correspond with your work as a life-coach?*

A: (30 seconds) the book, coaching and training complement each other

Q: *Can anybody take Mini-Retreats...even people with very intense schedules?*

A: (1-2 minutes) examples of how to use opportunities already available such as morning shower, red traffic lights and turn them into Mini-Retreats

Q: *What do you recommend as a first step to someone new to Mini-Retreats? How do you recommend one gets started?*

A: (1-2 minutes) begin with something they enjoy and that easily fits into their day

Q: *What are the most common barriers people face when trying to integrate relaxation into their life?*

A: (1 minute) guilt and fear, elaborate on how to transform them

Q: *Your book offers ideas to relax anytime, anywhere, in your car, at your desk, at home. Are there places and times where you would caution people to relax?*

A: (1 minute) talk about different levels of relaxation and where they are appropriate

Q: *What's your vision? What is the impact you would like to make with your book?*

A: (1 minute) a world where people take regular Mini-Retreats

Q: *Tell us about your favourite Mini-Retreat?*

A: (30 seconds) share one of my favourites



Julia James CPCC, PCC, M.Sc.
International Speaker – Author – Certified Life Coach

Reviews & Interviews

Clips of TV interviews with Channel M (German Today), CBC and promotional video for presentation at HR Summit in Singapore.

Review for the Vancouver Observer, by Alfred DePew, March 2010

Exerpt:

When Julia James was working on her Masters Thesis in Physical Geography at UBC, she noticed that most of her best ideas came to her when she got up to use the washroom. A different quality of thought was available when she wasn't trying to think at all. She was aware of "the bigger picture, concepts, a shift in perspective." Later, when she became a life coach, she noticed that her clients—busy professionals—almost never took breaks. "They didn't relax at all—they were so restless," she says. "They were highly educated, excited and passionate about their careers, constantly going, and they'd lose their sense of direction—where they were headed in all this going." Which is often why they hired James as their coach in the first place. Along with helping her clients to set and reach their goals, James began to suggest ways in which they could renew their energy right on the job. She developed and produced a series of CDs to help her clients to relax, but, she says, "the step to actually using the tool was too big—so a how to book was needed to coach them through the steps to take that space and time to retreat in their day." And so The MiniRetreat Solution was born. The book's subtitle says it all: How to Relax & Refresh Anytime, Anywhere.

Full story

Peer Reviews:

In the speed-crazed world we live in, The Mini-Retreat Solution provides practical guidance for making deep relaxation an integral part of everyday life."

Patricia Katz, author of *Press Pause... Press On and Take a Break*

"Just as stress is different for each of us, so must be the techniques to reduce it. This book provides a smorgasbord of short, simple, time-tested methods to help you make a selection that really works for you."

Paul J. Rosch, MD, FACP, President of The American Institute of Stress

"Mini-Retreats are testimony to the fact that small consistent changes in one's daily life make a big difference."

Dr. Fred Luskin, author of *Stress-Free for Good*

"If you're marching toward anxiety and burnout, Julia James offers some wise advice: Retreat! A 60-second Mini-Retreat can spell the difference between stress and success!"

Phil Bolsta, author of *Sixty Seconds – One Moment Changes Everything*

Peer Reviews cont.

"Julia has written a charming book. Her thoughtful and elegant exercises are perfectly designed for people who feel they have no time to relax."

Eric Harrison, perthmeditationcentre.com.au, author of many books, including *Flip the Switch – 40 Anytime, Anywhere Meditations in 5 Minutes or Less*

"Save your sanity and take a break from all that pressure. Julia James presents a comprehensive and concrete menu of peaceful Mini-Retreats to ease on down the road of life."

Debbie Mandel, MA, author of *Addicted to Stress: A Woman's 7-Step Program to Reclaim Joy and Spontaneity in Life*

"The Mini-Retreat Solution teaches you how to recharge yourself, so that you can give with abundance."

Azim Jamal, # 1 Amazon bestselling co-author of *The Power of Giving*

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

Daniel Stamp, chairman and founder of Priority Management Systems Inc.

Reviews on Amazon:

"In her introduction, Julia James talks about how mini-retreats ... or breaks throughout our day can positively add to our quality of life. In this world where many of us are focused on the computer screen in front of us for hours and hours and hours every day, this is especially important. Incorporating mini-retreats in your day will help you de-stress and will end up ADDING to your day instead of taking away from it. An all too easy excuse is, "I don't have time to take a break." In reality, you will ADD to your time and productivity by taking loads of mini-retreats throughout your day. Julia James has included dozens upon dozens of ideas for how to incorporate mini-retreats into your life. I highly recommend getting her book and giving all her suggestions at least one try ... and then incorporating your favorites into the rest of your life!"

Melanie Rockett

"This book offers simple and practical ideas for understanding and reducing stress in day to day living. There are valuable self assessments to help gauge where you are at any time and well laid out steps that get you started reducing stress and feeling relaxed right away. I highly recommend this book for people in all situations (work, parenting, relationships etc) it delivers!"

T. McMicking

*"One of my favorite mini-retreats used to be burying my face in my cat's fur. He doesn't care for it much, though, so I spent my breaks chasing him around the house. It's not necessarily relaxing, but it keeps me fit. After attending one of Julia's Mini-Retreat workshops, I have not only *The Mini-Retreat Solution*, but also both of Julia's CDs - *Explore, Create, Succeed and Relax, Recharge, Refresh*. I use these props all the time to help me recall the way I felt in Julia's workshop and to refocus and re-energize myself. It makes Mr. Grimsby exceedingly happy, too. Why, he'll even sit with me while I'm relaxing and let me pet him. What a wonderful bonus!"*

P.G. Harber Murphy

"Julia's Mini-Retreat concept is simple, effective and easy to do. This book is an easy and casual read that makes sense. I've adapted her techniques on a daily basis and it has been a life changing tool that I recommend to everyone; especially those who feels they are on a train that is going too fast and you're not able to enjoy the scenery that is whizzing by. Highly Recommended!"

D. Webster