



Julie Rider, OTR, Life Coach Practitioner and Certified Just For Me™ Wellbeing Group Coach. Julie has been a practicing occupational therapist since 1995 in traditional OT settings. In 2009, Julie began to transition her practice to a coaching model as she encourages individuals to discover their very best self. As a coach, Julie partners with her clients to empower them to stretch beyond their limits and to see opportunities within obstacles, to map out and achieve goals, and to ultimately reach overall wellness and effectiveness in all areas of their lives.

Julie is available for individual coaching, as well as, group coaching through the **Just For Me™ Wellbeing Program** and **Exceptional Life Series**. She is also available to visit your company for large group presentations with content tailored specific to the needs of the organization.

Personal Life Coaching

Personalized, one-on-one coaching allows the coach to partner with a client to personalize their unique journey toward wellbeing. Often missing when an individual initiates a lifestyle change is the support needed to be successful and make the change “a part of who they are.” As a coach practitioner, Julie works with each client to achieve their highest and best self; a conversational partnership for facilitating client occupational change from their current state to a more desired state. Occupational therapy/coaching may be a covered benefit under some insurance plans. Julie offers your first 30 minute session FREE.

Exceptional Life Series

Everyone wants to live an exceptional life but often have difficulty defining what that means. If you embrace another's definition of what an exceptional life is, sooner or later you will be disappointed. The goal isn't always to be crystal clear but to move forward and explore. In our **Exceptional Life Series**, Julie Rider, Occupational Therapist and Life Coach Practitioner will present topics that stretch your thinking and challenge you to be more than you are today. Wouldn't you like to have your best possible life? Once a month, in a hands-on presentation, Julie explores with you a topic to get you thinking and get you one step closer to achieving the happiness and success you deserve. Each session lasts 1½ hours and costs \$25.00 to attend. Bring a friend and you each pay only \$20.00. Check the calendar for dates and topics.

Just For Me™

Just For Me Wellbeing Group Coaching - A program for personal wellbeing, designed to strengthen your relationships, expand your ability to manage stress and capacity to enjoy what you do each day. Based on 12 areas of wellbeing to increase life satisfaction, this program has been implemented successfully in many corporate cultures, like Target Corporation, St. Catherine's University, and the Multiple Sclerosis Society. Sessions will cover these 12 areas of wellbeing:

- Physical – shifting perspectives
- Motivation – courage muscles
- Attitude – limiting/expanding beliefs
- Perspective – separating story from fact
- Relationships – circles of support
- Intuition – insights and instincts
- Gratitude – mental and emotional
- Breathing and energy boundaries
- Nurturing – wants vs. needs/overloads
- Surroundings – circles of influence
- Spirit – personal strength
- Play & Rejuvenation/Energize & Feed

Each session lasts 1½ hours. Cost is \$290.00 for all 12 sessions. Minimum of 4 attendees, max of 15.

All seminars can be found on our website. Please check for full details and updated dates and times.

