

THE AUTHENTICITY GUIDE

Empowering emerging leaders to find greater confidence & connectedness at work and in life.

YOU'RE IN THE RIGHT PLACE IF YOU:

- ✓ feel stuck professionally or with a specific task and aren't sure how to get unstuck
- ✓ aren't sure what your "passion" is
- ✓ struggle with professional or personal confidence
- ✓ want to learn new strategies for authentic networking
- ✓ want to get better at harnessing your strengths at work
- ✓ want to build leadership skills but aren't sure where to begin
- ✓ want to grow and develop in your current role
- ✓ need a professional change and could use some guidance
- ✓ could use someone on your "team" to help you navigate change or indecision
- ✓ feel ready to invest in your leadership development and growth
- ✓ want to get more intentional about soft skills development
- ✓ need help crafting a professional narrative

Offering group as well as 1:1 coaching options.

Coaching with Julia was hands down the best financial investment I have EVER made in myself."

A.H., Salesperson at Fortune 50 Company

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SELECT COACHING TOOLS FOR ORGANIZATIONS

- ✓ Customized assessment aligned to company's values and desired ROI
- ✓ StandOut Assessment
- ✓ Positive Intelligence Saboteurs Assessment and 6 week program & phone app (\$1,000 value)
- ✓ SMART Goals
- ✓ Situational Leadership
- ✓ Co-Active Coaching
- ✓ 360 Assessment
- ✓ Performance Reviews

SELECT COACHING TOOLS FOR INDIVIDUALS

- ✓ StandOut Assessment
- ✓ Custom introductory questionnaire: gain clarity on strengths, purpose and trends
- ✓ Positive Intelligence Saboteurs Assessment and 6 week program & phone app (\$1,000 value)
- ✓ SMART Goals
- ✓ Access to TAG's library including but not limited to: books, podcasts, frameworks and more
- ✓ Complete LinkedIn
- ✓ Complete Resume
- ✓ Complete cover letter template

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SUCCESSFUL COACHING OUTCOMES

- ✓ Improve core skills and competencies such as emotional intelligence, communication, active listening, empathy and confidence
- ✓ Identify unique leadership strengths and learn how to best apply them in the workplace
- ✓ Improve employee satisfaction and morale
- ✓ Increase employee retention and tenure
- ✓ Foster a culture of coaching
- ✓ Enhance sense of balance, prioritization, goal setting and accomplishment
- ✓ Deploy situational leadership to better manage multi-disciplinary and diverse teams
- ✓ Improve mental fitness and resilience
- ✓ Improve core skills and competencies that help with interviews and leadership: emotional intelligence, communication, active listening, empathy and confidence
- ✓ Understand and dismantle mindsets that might be holding you back
- ✓ Develop action plan for the job search with a focus on networking, human connection, and leaning into your strengths
- ✓ Improve holistic well-being
- ✓ Become an expert networker
- ✓ Develop list of ideal companies and people within those companies
- ✓ Complete resume and LinkedIn profile
- ✓ Develop "elevator pitch"
- ✓ Identify unique strengths and learn how to best apply them in the workplace
- ✓ Enhance sense of balance, prioritization, goal setting and accomplishment
- ✓ Discover and articulate your personal brand
- ✓ Improve mental fitness and resilience

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CLIENT TESTIMONIALS

"I just had to reach out and thank you again for our coaching session. In just ONE session, you helped me achieve so much clarity around my brand and value, and you motivated me to get more consistent in my content creation. Your uncanny ability to synthesize and interpret the message I want to put out into the world was a real game changer. Before our session, I felt a bit like a car with no gas. I knew I had potential to go places, but felt stuck. You helped me tap into my own fuel source, and now there's no stopping me! I am so grateful for your authenticity, empathy, and expertise. You are a phenomenal coach and I know I'll be a repeat customer! I can't thank you enough!"

C.L., HR Manager at Fortune 50 Company

"Julia helped me do a lot of deep self discovery in order to uncover where my innate strengths and interests lie. She gave me the confidence to pursue those interests and change not just my career path, but my life. I know that in twenty years, I will be looking back at this pivotal moment when I made a completely transformative decision. I will remember with gratitude that I could not have done any of it without Julia."

L.G., Entrepreneur

"My group coaching experience with Julia was wonderful. I was nervous about it at first, but after meeting the 3 other women it made me feel less so. We quickly became a team, and each week inspired each other to move forward with our own personal goals. Julia has the notable gift of listening and providing such warm and earnest feedback. I feel richer for knowing her and the three other women. And I feel full from recognizing my goals and taking the strides to achieve them."

L. F., Leadership Team of a nonprofit

"In the months leading up to our initial consult, my confidence in my skill set, identity, and trajectory had dipped to a low point. Julia's ability to listen, quickly build trust, see me, and, most importantly, help me see and feel proud of myself dramatically shifted my approach to my work and life. With her help, I've learned to become aware and appreciative of my values and leadership strengths, thoughtfully question underlying assumptions, and explore opportunities with newfound confidence and excitement."

K.G., HR Director

Julia helped me so much when I was [looking for a job] last year and I cannot thank her enough - she was exactly what I needed to help organize my thoughts, get my pitch and resume in order, get out there and network, and build the confidence to put myself out there (as hard as that was!). She helped me find excitement in the process!"

M.G., Chief Operations Officer at Food & Bev company

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READY TO LEARN MORE?

[APPLY FOR A FREE 15 MINUTE COACHING CONSULTATION](#)

Let's grow authentically together,

A handwritten signature in a cursive script that reads "Julia".