



## WELLNESS TALKS AND WORKSHOPS

*For happy, healthy organizations*

## SPEAKER, AUTHOR, COUNSELOR AND WELLNESS COACH

*Transformational wellness talks and workshops for happy, healthy organizations*

Julie Kaminski's in-person wellness talks offer simple but transformative techniques that make wellness a reality. The talks are ideal for any group with an interest in making healthy and happy easier, and can be tailored to group demographics, size, and desired length. Workshops are more interactive, offering a nice face-to-face alternative in our crazy online world. They can be customized to any desired level of participant interaction.

## SPEAKING TOPICS



### INGREDIENTS FOR AN IDEAL DAY

Everyone talks about wanting to be healthier or happier, but what does this actually mean? I draw on positive psychology to help people take a powerful first step towards the answer. Participants walk away with a plan for practical adjustments to infuse their everyday lives with greater health and happiness.



### THE FLOURISHING HOME

Your home is a tool that can enhance (or deter) your efforts to live your best life. This session offers insight into ways to make inspired spaces for enlightened living.



### CUPCAKE MOMENTS – SAVORING LIFE'S LITTLE VICTORIES

Science proves that when you pause to celebrate success and positive experiences you consciously take your experience to a deeper level. Participants walk away feeling more mindful, more grateful, and motivated to find the Cupcake Moments in the everyday.



### THE REAL DEAL ON WEIGHT LOSS AND WEIGHT MAINTENANCE

Decipher the noisy world of diet fads and false quick fixes. In this workshop participants learn the science of hunger and hormones plus the five habits of successful weight loss. Participants walk away with how to achieve and maintain successful weight loss results.



### CREATING & IMPLEMENTING MEANINGFUL GOALS

Meaningful goals give life purpose, but making goals reality is hard. This workshop pulls from the field of positive psychology and goes beyond setting S.M.A.R.T. goals, laying the foundation for real results. Learn what makes goals meaningful, then delve into five key strategies proven to increase achievement.



### THRIVING THROUGH THE HOLIDAYS

"The most wonderful time of the year" is a beautiful sentiment, but for many people the holidays are stressful. From challenging family interactions to shopping for the "perfect" gift within your budget to managing your health through it all, the festive season often leaves us feeling harried. Learn two easy and fun strategies for a healthy, happy holiday, so you can welcome the New Year bright-eyed and joy-filled.





## PROFESSIONAL BIO

*Julie is a Speaker, Author, Wellness Coach, and Counselor. Health & Wellness has been her passion for over thirty years.*

Julie Kaminski MA, NBC-HWC, holds a Master's Art with distinction in Counseling Psychology specializing in group work, a Bachelors in Business with an emphasis in Health and Wellness, and is a **National Board Certified Health & Wellness Coach**. She holds **ACE certifications** in Group Fitness and Personal Training. In addition, she is licensed with **Wellcoaches**, the only American College of Sports Medicine (ACSM) endorsed coaching program.

Julie is the creator of numerous small group training curriculum including Fitness Plus and **The Walking Book Club**. She has thirty years of experience working in private practice and with major corporations, clubs, and health centers.

Her areas of expertise include group counseling, dynamic group instruction, and the development of creative solutions. She has extensive experience in designing custom programs for individuals and groups across all areas of wellness including fitness, health, nutrition, eating behaviors, stress management, and spiritual fulfillment. Her coaching skills include the application of motivational interviewing, goal setting theory, and appreciative inquiry. She completed **University of Pennsylvania's Foundations of Positive Psychology** and is the author of **The Flourishing Home**.

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“It was a pleasure to work with Julie. She kicked off our annual fashion event **as a guest speaker, sharing stories and wisdom that the audience could relate to and be inspired by**. The committee was very grateful for her time and generous spirit.”

– Jennifer Doherty, Director of Parent Relations and Special Events

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