Julio Angel Rivera

Self-Empowerment Coach and Author

Julio Angel Rivera is the author of *Internal Jiu Jitsu: Conquering Mind and Body Resistance by Giving Way*. Decades of training have shaped his fighting philosophy, but just as important has been his experience with mental illness, trauma recovery, mindset, and emotional regulation. His presentations focus on trauma, verbal and non-verbal communication, empathy, and the anatomy of violence. He has presented both live and virtually to Alvin Ailey Dance Company, Center for Internet Security, Families of Active Military, The Doe Fund, Amida Care, and Mitsui Chemical, among others.

SIGNATURE TOPICS

- ✓ The root of our fear
- ✓ The nature of conflict
- ✓ The importance of empathy
- ✓ De-escalation
- ✓ Setting boundaries, physical and otherwise

TESTIMONIAL

"What makes the program so valuable and unique is that, rather than focus principally on self-defense techniques, typically offered by other programs, he incorporates an intrapsychic approach, considering the role of personal perceptual biases and past traumas in obscuring one's ability to accurately perceive what may or may not be a threatening situation."

-Nancy Thorne, CHI Wellness

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