





# Dr. Julia Manini

"The moment I think about the BIG "who am I" question...I gravitate towards existential thought bubbles of "yeah...who am I... REALLY"..., "Can we ever really know?", and..."is the evolution of the self so consistent and inconspicuous that it become the ineffable?"...nonetheless, I am going to give it a "go" here and offer some of the more salient facets that pop by when I think about the who, what, and why of ME. I am a thinker, an individual who has, no matter the terrain, sought to make meaning out of each of the rather varied landscapes I've travelled" Julia explains.

Born and raised to in an incredibly loving and supportive Italo-Canadian family, Julia has deep seated roots in tradition, faith, and love. From a young age, Julia and her siblings and (two amazing sisters and a pretty awesome brother) have been nudged and nestled into an awakening of possibility- where their parents (yup-she won the luck lottery on love and have a mother and father who she is filled with gratitude to call her pillars).



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She has always striven...stretched...and supposed that more was possible (often pulling a few muscles and creating some strains along the way).

Living and learning in Toronto her whole life, she has been fortunate to be afforded many opportunities to find her way. A lifelong love of people, she began in education moving and shifting and switching hats every so often and being grateful for the experiences each one has taught her—from classroom teacher, to chaplain, to school administrator, she has come to understand intimately that when we seek to educate the mind, we are privileged to learn about the whole person and to serve their holistic well-being in a fashion that suits each individual's unique "style". Speaking of holistic well-being—it was perhaps Julia's journey in the realm of learning and through a Doctorate in Educational Leadership that she came to understand that potential can be punctuated more profoundly when we care for the whole, rather than the parts. She, thus, went on to pursue learning and leading in the area of wellness.



As an advocate for healthy living, mind, body, and soul, Julia considers her hobbies the facets of her days dedicated to feeling most whole and fully alive- exercise (yessssssssssss...She is a member of the 5am club), meditation (Julia a proponent of packing in little mindful moments of these throughout the day), journaling, reading, researching, writing, authoring, cooking, baking-despite the many burned bakes or un-risen balls of sourdough gone...SOUR) As an integrated life and wellness coach, Julia has learned that what we put out into the world is not nearly as magnanimous of what we receive from our giving. Speaking of magnanimous ...amidst all this, She married her life partner- one who has always been and remains her "soldier of love", living and loving in steadfast pursuit of building up our family-often through a rather complex LEGO worthy element of "design". Together we are right in the thick of-and wow does it get MUDDY-moving through life with 2 children, ages 3 and 5. These two are her most authentic love, offering her glimpses into the profundity of joy-filled innocence. Julia's little ones are perhaps her greatest teacher-reminding her always that the living is in the loving...of ALL of it-and she is so filled with gratitude for what, who, why, they teach her to BE.

When we think about what we do for a "living", Julia's initial reaction is to offer the various "roles" she takes on, but truthfully, her "living" lies in loving people and being afforded a myriad of opportunities to serve communities in various ways- as a principal, an educational leader, a life and wellness coach, a researcher on leading living well and, of course, as an author who seeks to remind the world of how wildly wonderful the collective journey can be! Julia is incredibly passionate about holistic growth and wellbeing, and have explored various avenues of learning both professionally and personally that leaves her well-situated to offer optimal service and quality care. As Julia's journey through the various challenges that arise on this adventure, She seeks to find ways to turn challenge into change. Authorship, in the form of the children's book I co-wrote with a life-long friend, Anne-Joyelle Occichone, entitled "The Great Pause: Perseverance During the Pandemic" , has been an avenue to explore the fundamental good that arises when humanity elevates their individual potential to heighten the collective good.

In seeking to raise the horizons of her own potential, She has dedicated herself to the following pursuits of knowledge, earning my Doctorate in Educational Leadership, a Masters of Religion, a certification from the Canada Coach Academy as an ICF trained Life and Wellness Coach, ongoing professional learning of the nuanced ways to use contemporary research to build bridges through meaningful , impactful, and lasting change, and a curator of practices that punctuate progress. Julia seeks to educate in any and all spaces she is privy to, and love creating programs, workshops, retreats, sessions, and learning that are catalysts in that way that deepens our capacity to live well-coaching and leading towards elevated living..

We are each a living story...a book beyond the cover that invites intrigue into the human condition. Wisdom lies in accruing the experiences and opportunities that challenge us towards change- the kind that regardless of how it settles into our being, moves us towards growth. When we experience obstacles as opportunities, we lean closer to curating a creative and joyful existence that cultivates gratitude as our authentic response to all of the quirks and quagmires of life. Lately, Julia has been reflecting on the adage of "staying in one's lane" and hope that all of us learn to drive forward fearlessly, swerving through ALL the lanes that excite us and create avenues for living our potential out loud. Live beyond the "box" and colour your life so brilliantly that your shine from the inside out.

As a certified life and wellness coach, Jullia offers a variety of services that seek to elevate living. Julia also offer 1:1 life coaching, group coaching, workshops, retreats, and am open to creating programming and services that are unique to your needs. Julia's mission and vision are to align your purpose with your potential for an evolution of self that renders more life in your living.

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So many people struggle with this notion of “purpose” Julia thinks it is rather simple...to live our passion and potential ON PURPOSE! To live in a way that makes us feel fully alive. That IS our individual mission that contributes to the collective good-our individual “gifts” are for the giving. .

Julia returns often to Robert Frost’s work, and think about the wisdom that sits within the syntax of his verse “way leads onto way”...how we choose our way, with whom we choose to walk it, and why, moves us from day to day. It is indeed what “makes all-the difference”-for better or grander (because she doesn’t really believe in worse-even the “bad” teaches us about the “good”, the suffering about the beauty of peace, and the dark reveals the brilliance of the light). With each crossroad, each new landscape, each new compass point, we have the capacity, both as individuals and as part of the collective imagination, to travel beautifully and brilliantly through all of it!