

Julie Palazini
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Cheryl Alexander & Associates

Leaders Engaging Hearts and Minds



“When coaching me, Julie asks questions I hadn’t thought of that cause me to see things with a new and broader perspective. As a result, my path forward becomes clear. I also appreciate that Julie shares useful resources and tools with me. She inspires me with her depth of caring and practical suggestions.”

Career Background

Julie brings more than 20 years of experience as a performance consultant, coach and master business instructor in a range of industries. Her passion is helping others grow, and her career has focused on skill development, individual coaching, and team performance. She believes individuals and teams that leverage personal strengths, bring out the best in each other. Her work as a coach and trainer is about harnessing our inner resilience, creativity, and capacity for learning.

Following her passion, she is active in her community working with business leaders to positively impact literacy and public education for all students. She has mentored reluctant students and young professionals and especially enjoyed coordinating one of the initial Lean In Circles for insurance professionals in Rhode Island.

Specialties

- Stepping into Leadership
- Appreciative Inquiry
- Coaching
- Meeting Facilitation
- Communication Styles
- Cross-functional Teamwork
- Presentation & Business Training Skills
- HeartMath

Industries

- Financial Services
- Customer Contact Centers
- Adult & Higher Education
- Non-Profit & Foundation

Certifications

- Art of Convening
- Gallup’s Clifton Strengths for Managers & Teams
- Everything DiSC by Wiley
- Essential Facilitation with Interaction Associates for Social Change

Noted Accomplishments

- “ATD Gives Back to Massachusetts Teachers” invited to present kick off session for K-12 teachers on how to engage students in a virtual learning environment
- “Business Instructor Certification Program” Customized professional development program, including training, mentoring and coaching for business trainers across the globe for two Fortune 500 companies
- “South Kingstown Education Foundation” board president dedicated to investing in creative and innovative project-based learning within public education

Education

- Certificate in Advanced Graduate Studies, Expressive Arts Facilitation, Salve Regina University, Newport, RI
- BS Psychology, College of the Holy Cross, Worcester, MA