

J E M M

Journey Empowerment Mindset Mastery

with Dr. Julie

COACHING SERVICES

Stress Management

Minfulness strategies
for busy professionals

Efficiency

Time-management
techniques for leaders

Mindset Champion

Mastering the inner-mind

ABOUT
me

Dr. Julie Pelikhova

Dr. Julie Pelikhova is a UCLA professor, author, and leadership & mindset coach dedicated to helping industry professionals optimize their work-life choices, time management, and overall fulfillment. She combines her academic expertise with hands-on coaching to equip leaders with practical strategies for thriving in fast-paced environments. In addition to her work with executives, she is also a trusted mindset coach to Olympic and Division I athletes who have gone on to professional careers across a wide range of sports.

WORKSHOP OPTIONS



FLOW

FLOW → Focus. Learning.
Optimized Work.

1 Hour virtual or in-person workshop for individuals and teams to get back into a flow of efficiency and time-management.



ALIGN

ALIGN → Awareness. Leadership.
Identity. Growth. Navigation.

Half-Day virtual or in-person workshop for individuals and teams to reset and align their time, productivity, and stress management.



PRIME

PRIME → Performance.
Resilience. Identity. Mindset.
Elevation.

Full-day in-person workshop for individuals and teams to elevate to their prime performance and mindset for maximum balance.



dr.pelikhova@gmail.com



DrJulieCoaching.com



linkedin.com/in/julia-pelikhova/