

JEMM

Journey to Empowerment and Mindset Mastery

with *Dr. Julie*



MINDSET COACHING

Sustainability

Mindfulness strategies for balancing busy lifestyles for athletes and coaches

Mental Wellness

Mental training practices for performance and life

Mindset Champion

Mastering the inner-mind and positive mindset habits



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. Learn. Optimize. Win.

1 day virtual or in-person workshop for individuals and teams to get back into a flow of physical and mental balance. (1-2 hours)



ALIGN

ALIGN → Awareness. Level Up. Identity. Growth. Next Steps.

2-3 week curriculum. In-person workshops for individuals and teams to reset and align their busy schedule: preventing burnout and locking in mindset strategies. (3-4 hours total)



PRIME

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

6-8 week curriculum. In-person workshops for individuals and teams to elevate to their prime performance and mindset for maximum balance. (8-12 hours total)

All workshops are customized to the needs of the individual/team.



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