

Transformative Coaching for Whole-Person Living

Overview

You're capable. You're wise. You're ready.

This isn't about fixing anything, it's about tuning in. We'll use the Co-Active Coaching model to connect with your inner leader. If you're feeling off-balance or disconnected, this is a space to realign and take meaningful steps forward. The wisdom is already there, and coaching simply turns up the volume.

What You Can Expect

- Focused 1:1 coaching every other week for 45-60 minutes via video
- Clear, action-oriented sessions rooted in your goals and values
- Space to explore, challenge, and choose what's next
- Tools and practices to apply in real time between sessions

Coaching Elements

Grounded in the Co-Active Coaching model, this includes:

1. Whole-Person Approach: You are creative, resourceful, and whole. Coaching will honor both your being and your doing.
2. Designed Alliance: We will co-create a supportive structure for growth and accountability.
3. Forwarding + Deepening: Each session balances insight with action, so you don't just reflect, you move forward.

Outcomes

Throughout sessions, you will:

- Clarify what balance and alignment mean in your life
- Create intentional goals rooted in your values
- Strengthen your voice, confidence, and internal leadership
- Build habits that support clarity and consistency
- Move forward with purpose and with tools you can return to again and again

Who This Is For

This coaching journey is for individuals who are:

- Navigating life transitions or seeking clarity in their direction
- Feeling pulled in many directions and ready to connect to what matters
- Looking for support grounded in what is practical, powerful, and personal

Why I Coach

I coach because I believe in what happens when we slow down. When we simply give ourselves the space to hear our thoughts, connect with who we are, and move forward from that place of truth. That's where clarity lives. That's where real change begins.

With a background in leadership development and public service, I bring grounded presence, honest reflection, and deep trust in your ability to lead yourself.

This work isn't a quick fix. It's a practice. A practice in listening deeply, choosing boldly, and living each day with intention and integrity.

Investment

Donation-based through March 2026:

- Biweekly sessions (45-60 minutes each) Co-Active coaching (via video)
- Support between sessions as needed
- Access to tools and practices tailored to your goals

Ready To Begin?

Let's design a coaching relationship that supports where you are and where you want to go. Contact me to schedule a Discovery Call, where we explore what coaching involves using the Co-Active model, your goals, and the outcomes you hope to achieve through coaching sessions.



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