

Julianne Schroeder Counseling



Speaker Profile

Workplace wellness services that create healthy work environments and happy employees.

What's Inside

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DID YOU
KNOW?

**\$125-\$190
Billion**

The estimated healthcare costs due to burnout each year.

Source: Forbes

Reinventing "The Golden Rule"

Yes, we should treat others the way we want to be treated, but it's equally important to treat ourselves the way we want to be treated by others.

Self-compassion guides all areas of my practice, and my goal is to teach people how to be kinder to themselves and why it's important to do so.

Putting an End to Burnout Culture

I believe in creating our best selves to have positive impact at work, in relationships, & in our community. That does not have to happen at the expense of well-being as that is detrimental to all. Not everybody has the tools and perspective to recognize and/or prevent burnout. That's why I'm here.



My Mission



My Background

Licensed Professional Counselor

My professional experience allows me to relate effectively & equip attendees with therapeutic tools they can use in their daily lives.

Registered Yoga Teacher

I make yoga accessible & applicable & focused on enhancing mental, emotional, and physical well-being.

Trained in Mindful Self-Compassion work

Research shows that self-compassion practices are necessary for quality performance, sustained motivation, resiliency, and more!

Featured Lifestyle + Wellness Contributor

Julianne's contributions have been seen in media outlets such as HuffPost, Psychology Today, Livestrong.com, Thrive Global, Yahoo Lifestyle, Bustle, Shape, and more.



Certifications



Licensed Professional
Counselor



Registered Yoga
Instructor



Mindfulness &
Self-Compassion Trained



Keynote Speaker



Mental Health
Media Contributor





From Burnout to Balance: Learning to Value & Take Care of Yourself

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Chronic stress is pushing people to be in a constant anxious-depressed-burnout cycle that requires both an individual & systemic change. In this session I'll empower your employees to take care of themselves so they can be fully engaged in work, relationships and everyday life. Participants will examine and move through the emotional blockages that hinder self-care, and gain practical tools to help them practice self-care daily. Recommended for those who may be driven to a fault, the givers, and those in need of a shift to make themselves a priority.

Embodying Self-Compassion to Let Go of Perfectionism

In this experiential discussion, we'll dive into the transformational benefits of self-compassion, mindfulness, and yoga, and reveal how these methods can help your employees feel more accepting of themselves. This session is ideal for those who have high standards and over-achieving tendencies, and is designed to help combat chronic stress, anxiety, and burn out. I believe that people can harness their desire to be their best selves in a realistic, kinder, and more sustainable way, and we'll explore the tools you need to do so on their own.

Sample Sessions

Sample Sessions, cont.

Creating A Life of Alignment Versus Achievement

When there is so much to do and never enough time, it's important to be clear on what is most important to you. In this session, I'll dive into the downfalls of people-pleasing, performing, and perfecting for others. Together, we'll help any overwhelmed and depleted employees gain clarity, confidence, empowerment to tackle uncertainty and life transitions. This session is ideal for small businesses and organizations that prioritize company culture.



The Benefits (& pricing)



Full-Bodied

I provide more than your traditional "lunch and learn". My workshops weave in space for listeners to talk & connect, journal & reflect, and participate in guided meditation, visualization exercises, and accessible yoga.



Accessible

My presentations **start at \$500** (variable based on length & attendance), making workplace wellness accessible, not a luxury!



Customizable

The content I cover, areas of focus and presentation length are totally up to you! I offer everything from a lunch break workshop (1 hr) to mini retreat (3 hrs), and will cater to your company's needs through a pre-session survey.

Testimonials

Past attendees have found my speaking to be “authentic and **relatable**”, “thoughtful & **insightful**”, noting that the sessions “**gave helpful resources for burnout**”. But nothing tops the best feedback of all, “**We wished we had more time with Julianne**”.



I love this presentation! Allowing ourselves the permission to care for ourselves is so important. Often times, especially in our field, feel guilty about that, so I love the idea of letting go the guilt. Also letting go of rules that holds us from taking care of ourselves.

*-Attendee feedback on
"From Burnout to Balance"*

“We need accountability, I loved all the self-care practices that we did during the training I wrote them down so I can continue doing them in real life, implementing different self-care activities based on the time of day.”

*- Attendee Feedback on
"From Burnout to Balance"*

Let's Chat!

Email Address

hello@julianneschroeder.com

Phone Number

469-573-2672

Website

www.julianneschroeder.com

