

## Julie Zeff, MSW, CPCC



Julie is a certified life coach, yoga instructor, author, and speaker who believes that absolutely everyone can live a vivid and extraordinary life. Her goal is to spread this belief and the tools to actually live it around the globe.

Julie has worked for over 14 years in the personal growth and mental health fields. She brings the body (and often specifically yoga) into the coaching work that she does and brings life coaching into the yoga that she teaches. Julie teaches her clients to access the wisdom of their body and mind to help them transform their lives.

Her professional mind-body journey began in 1998 when she worked as a Licensed Clinical Social Worker and Massage Therapist. She persistently tried to find a way to combine the two. But, it wasn't until 2002 when she found Life Coaching (CTI, Certified Professional Co-Active Coach - CPCC) and Forrest Yoga (yoga teacher training) that there was a natural and passionate union that transformed her life and career forever.

As a busy working mom with three children herself, she understands the challenges of trying to find that sweet spot in a busy world of work and family. She uses her own coaching tools each and every day to help her live a vivid and extraordinary life she loves!

Whether through life coaching over the phone, or in a yoga class on a mat, Julie helps her clients tap into the innate truth and wisdom of their body and mind. They learn to make decisions with clarity and confidence. She guides them to courageously shed limiting patterns and beliefs. She helps her clients envision, design, and live their own unique, vivid, and extraordinary life.

Julie was born and raised in a suburb of Chicago and now lives with her husband and three children in sunny Los Angeles, California.