

Vivid Living Sample Program Topics

These are some of Julie's favorite speaking topics. There are many more...

Julie can tailor these talks for your unique business, association, club, conference, or networking event. Each talk can be presented in snippet form or in a longer keynote presentation or workshop.

- **Vivid Living for Busy Moms** - 4 Essential Ingredients
- **Busy Mom Balance** - 6 Ways to Create Balance From the Inside/Out
- **Get in The Moment Busy Mom!** 4 Ways to Be Present & Love Your Life Now
- **The Body/Mind Dynamic Duo** – 3 Ways for Busy Moms to Get Them Working Together
- **Get Out of Your Head and Into Your Body!** 3 Ways Tap Into Your Innate Mommy Wisdom
- **Goodbye Guilt!** 3 Ingredients to Help Working Moms Leave Their Guilt at the Door
- **Tap Into Your BodyTruth** – Make Busy Mom Decisions with Confidence
- **Be a 10! Say “No!” to Selling Out**
- **Make a Vision Board** – Create Your Vivid and Extraordinary Life!
- **Face Your Fears and Live a Life You Love!**
- **Breathe, Busy Mom! It Will Change Your Life**
- **Live Your Life on Purpose!**
- **Take Your Life's Temperature** – What's “Hot” and What's “Not”?
- **You're a Working Mom & More...Get To Your Core**
- **Self Care 101 for Busy and Working Moms**
- **4 Ways to Live Fully & Gracefully Ride the Ups and Downs of Motherhood**
- **Making Motherhood Marvelous** - The Unending Gift of Gratitude
- **The Gift of Jealousy** – How Busy Moms Can Turn Jealousy into Vivid Living