



# Julie Bronsteatter

She / Her

Julie is a certified professional coach who is passionate about partnering with leaders to confidently take charge of their personal and professional lives. Julie has 15 years of corporate experience, starting her career in advertising as an account manager and transitioning into HR as a leader, executive coach and mentor in both the entertainment and advertising industries. Reflecting on her time spent in the corporate world, she has learned that focusing on what is in your control is far more productive than worrying about what is not.

Julie specializes in human development and has been described as an energetic leader and change-agent with a people-first mindset. It is that mentality that not only motivated her to transition into HR, but drove her to build her own coaching business. Julie's motto is *the ROI of a human being far outweighs the ROI of anything else in life*. She embodies this principle every single day.

Julie holds a BA in mass communications with an emphasis in advertising and minor in marketing from Winona State University. She is an Associate Certified Coach (ACC) through the International Coaching Federation (ICF) and has additional training as an Energy Leadership Index Master Practitioner and Positive Intelligence Mental Fitness Coach. She lives in Chicago with her husband.

For a taste of Julie's energetic personality and action-oriented style, tune into her weekly LinkedIn video series called "Walk My Talk," which posts every Tuesday morning.



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## I'm Committed To

A strong, trustworthy partnership, with you

## What Holds Me Back

### from Being at My Best

My inner judge, who I've named the "Manipulative Abuser" (or, MA!).

MA! has evil arms that can be disguised as a warm embrace, but really, that ugly hug is her way of manipulating me to believe her sabotaging words like: "I'm not good enough, smart enough..." etc

## I Work Best When

1. Communication is flowing
2. I can bring my whole self - from my inner vulnerability to my loud and distinct laugh (which I've been told is contagious)

## My Favorite Quote

"Pain is not tragic. Pain is magic. Suffering is tragic"  
- Glennon Doyle

## 5 Words To Describe Me

Compassionate, supportive, fun, consciously childfree

## Do's And Don'ts

### for Communicating with Me

1. Do be honest
2. Do be comfortable with silence - sometimes it's the most powerful communication tool
3. Do follow up if you have any questions about a previous or upcoming session
4. Don't try to tell me what you think I want to hear

## My Ideal Day Involves

Morning yoga, coaching, cooking for and eating with friends & family, a lot of laughter, a glass of red wine

## What Makes Me Smile

1. When I make someone else smile
2. Memories of my amazing mom
3. Planning or reflecting on a trip with my spouse
4. My goofy nieces and nephew
5. My job - I freaking LOVE coaching