



Julie Bronsteatter

She / Her

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