

**SPEAKER + TRAINER  
+ EXECUTIVE & PERFORMANCE  
COACH**



**SPEAKER KIT**

**JULIE  
*MENDEN***

SPEAKER | COACH



### *Speaker*

Julie Menden is a high-energy, powerful Speaker bringing relatable stories, lessons, and tools to your audience to have them walking away feeling inspired and ready to take BIG action on their goals from a place of confidence and self-trust.

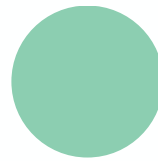


### *Executive Leadership & High Performance Coach*

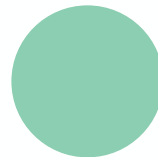
Julie works with high achieving Executive Leaders and Business Owners through 1:1 coaching to help them remove the blocks and limiting thoughts getting in their way, so that they can show up fully in their power and confidence to reach their peak performance and fulfillment.



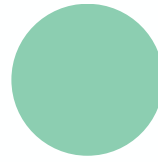
# WHO IS *Julie Menden?*



**SPEAKER**



**COACH**



**PODCAST HOST**  
"IT STARTS WITH YOU"



**AUTHOR IN THE  
BEST SELLER BOOK**  
"PEAK PERFORMANCE: MINDSET  
TOOLS FOR LEADERS"

## *As Seen In*

**FORBES**

COACHES COUNCIL MEMBER

**INFLUENCE DIGEST-**

RANKED TOP COACH IN

MILWAUKEE IN 2021 & 2024

**AUTHORITY MAGAZINE**

**THRIVE GLOBAL**





# KEYNOTE OFFERINGS

45-60 Minutes

## Unboxing Potential

### **The Keys To Confidence, Resilience, and Unstoppable Growth**

Learn how to activate your mindset to work FOR you instead of against you, and achieve massive success in your life + leadership using the 3 step process: choose it, learn it, live it.

## CONSCIOUS LEADERSHIP

### **Cultivating A Culture Of Trust & Confidence**

Explore how to show up as a leader with authenticity, intentionality, and impact to create success for you and those you lead.

## THE POWER OF PRESENCE

### **Own Your Career By Creating Unstoppable Confidence & Magnetic Presence**

Discover how to take ownership over your career and the results you are getting in your life, by learning how to harness your unique value to have you showing up with confidence and a powerful presence.



CREATING CUSTOMIZED & PERSONALIZED  
DEVELOPMENT SOLUTIONS FOR YOUR TEAM

## WORKSHOP PROGRAMS

### COMMONLY REQUESTED SESSIONS

#### Energy Leadership

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*3 Hour Session*

Participants complete the \*Energy Leadership Assessment & learn how to elevate their leadership skills and growth. Energy Leadership introduces a new way of thinking for leaders that greatly impacts individual and team performance.

#### Speaking With Confidence

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Become a Confident Communicator with the Power Of Clarity & Conviction

Discover how to harness your power of speaking with confidence, clarity, and conviction, to have you reaching your goals, presenting for impact, and influencing others

#### Creating Cultures of Coaching & Feedback

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Creating engaged, motivated, and high-performing teams starts by creating a culture where individuals are given coaching and feedback. This interactive workshop will teach you the skills to embrace a coach-approach and confidently deliver coaching and feedback.

#### Emerging Leaders Program

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*2 Day Program (can be adjusted)*

*Audience: Emerging or Newer Leaders*

Training program for Emerging Leaders to complete the \*Energy Leadership assessment and develop the 8 practices of effective leaders.

**\*\*The Energy Leadership Index Assessment (ELI) is a research-backed attitudinal assessment that provides insights into how you show up & measures your ability to lead yourself and others to take positive, productive, & sustainable action\*\***



## Individualized Coaching for Transformative Results!



### ONE-ON-ONE LEADERSHIP COACHING

Six months of personalized coaching for a leader to help them elevate and accelerate their leadership growth. Includes an Energy Leadership Assessment and monthly virtual sessions.

### GROUP COACHING

Leadership cohort experience for a group of leaders to go through a leadership program as well as group coaching together.





# CLIENT TESTIMONIALS

[Click to read full recommendation on LinkedIn](#)



I hired Julie Menden to speak at our Young Guns Summer Summit and she performed a keynote speech on mindset. I would highly encourage you to hire Julie for any speaking or consulting work and I wouldn't hesitate to use her again!

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## DAVID BELMAN

*President, Belman Homes/CFO Young Guns*



Julie was our Keynote Speaker at our state conference speaking on Conscious Leadership. She was very knowledgeable, engaged our online and in person members, polished and prepared. I would strongly recommend her to other business and groups that are looking for a leadership edge with her comprehensive training.

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## RICK EGGERT

*President ANFP*



This is the second event we've asked Julie to help develop our participants and it won't be the last! Julie brings great perspective and energy to her sessions. She's incredibly understanding of what it takes to be an early in their career leader or aspiring leader. I'm already looking for the next opportunity to work with Julie again!

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## Therese Myers

*Leadership Development at Northwestern Mutual*





# TRUSTED BY





## Julie Menden

Audience Feedback On May 1, 2024

**Northwestern Mutual**  
Strategic Leadership Essentials

“ Helpful tangible tools to execute more effectively on key leadership competencies that go overlooked ”

“ Was immediately helpful! I appreciate the approach taken to make us hold up the mirror to ourselves. ”

“ Extremely insightful, engaging, and relevant. I took a ton of notes and items to implement. ”

