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TIME MANAGEMENT NINJA
Helping you win the battle against wasted time, procrastination, and all other things evil.

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WORLDWIDE



A NEW TWIST ON PRODUCTIVITY & PROCRASTINATION

Flow Productivity™ can help you save time, energy, and money while increasing well-being, creativity, and results.

"Julie has such a way of presenting information that is easy to understand, easy to implement and easy to keep taking action on."

- Kim Ravida, Health Coach, Boston MA

RESULTS

Julie will help your listeners to:

- Spend less time and energy stressed, anxious, and overwhelmed
- Use more time for productivity, creativity, and focus - with less effort
- Have a quieter, clearer mind with less to think about
- Minimize or eliminate unproductive behaviors including procrastination, and perfectionism
- Improve communication understanding, and resourcefulness across and within teams

ABOUT JULIE

Julie Lisabeth Gray is a professional certified coach who has worked with hundreds of people around the world to naturally navigate their way to greater productivity, creativity and well-being.



POPULAR TOPICS

- How to Get More Done With Less Stress
- A New Paradigm for Creating Habits that Stick
- How to Clear Your Mind Without Managing Your Thoughts
- Creating a Culture of Flow Productivity and Creativity
- Time Management that Fits Your Brain and Life
- Unconventional Goal-Setting

PAST PODCAST APPEARANCES



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Julie Lisabeth Gray, PCC
Productivity and Procrastination Coach, Speaker, Trainer
www.Profound-Impact.com
703-517-2449 | Julie@profound-impact.com