



# JULIE CASS

MOTIVATIONAL SPEAKER, BEST-SELLING AUTHOR, CERTIFIED HEALTH, BUSINESS & EMPOWERMENT COACH.

*Julie's magic lies in creating custom programs that drive real change.*

## SAMPLE KEYNOTES

### **MASTER Your Wellbeing, MASTER Your Life**

*Build Habits That Stick. Feel Better.  
Live Better.*

Learn simple yet powerful strategies to create positive lifestyle shifts, build habits that actually stick, and unlock the best version of yourself. Walk away with practical tools to help you manage stress and thrive - even when life feels chaotic.

### **THINK - Your Way to Success**

*Shift Your Thinking and Unlock Your Potential*

Discover simple, proven mindset strategies to reduce stress, boost confidence, and perform at your best. In this engaging keynote, Julie Cass shares her THINK framework - practical tools to shift limiting thought patterns and unlock lasting results.

### **LEADERSHIP - Empower Performance**

*Harness Emotional Intelligence using the Heart-Centered Model*

Leadership today demands more than expertise - it requires empathy and emotional intelligence. Julie Cass shares practical tools to build trust, inspire performance, and create a culture of accountability, driving stronger engagement and real business results.

## PERSONAL PROFILE

A renowned keynote speaker, Julie has spoken at over a hundred conferences and companies across North America. She is an expert guest speaker on Global TV, CHCH, CTV and CP24. Julie writes for major publications such as Canadian Living, Canadian Business Journal, Spa Canada and is a published two-time best-selling author.

Julie Cass is a transformational business coach having scaled businesses to 8-figures. As founder of The Positive Change Group, she helps teams tap into their full potential and create success.

## COMPETENCIES



Motivational Speaker



Best-selling Author



Certified Master  
Life/Health Coach



Leadership Expert



Certified EFT Master



Certified Hypnotist



Certified  
Transformational Coach



Certified Yoga Instructor

## REGULARLY SEEN ON



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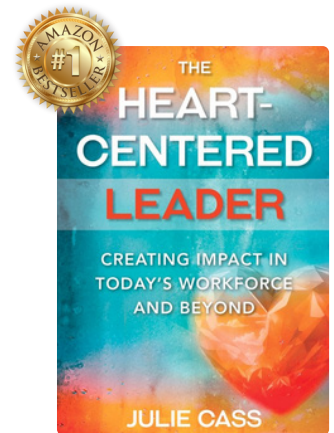
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Drawing from real-world experience and a deep commitment to personal and professional growth, Julie's works offer practical insights and empowering strategies that continue to inspire readers and audiences alike.

## PUBLICATIONS

### "THE HEART CENTERED LEADER"

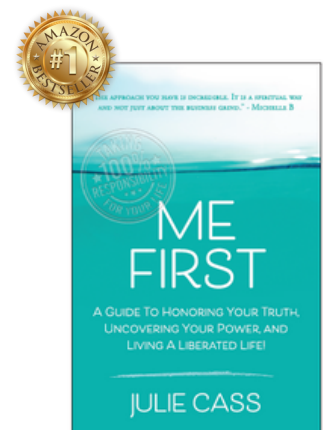
In [The Heart Centered Leader](#), Julie highlights how dramatic changes in the world over the past decade have resulted in a changing workforce. We are in a time when emotional health is at the forefront of everything we do, including in how we perform at work as leaders, teachers, and mentors, and at home as parents. Leadership roles have changed and this means that our leaders need to change now more than ever.



★★★★★

### 'ME FIRST'

In [Me First](#), Julie Cass teaches that true happiness and love can only be found by loving ourselves through it all. The kind of love that is deep, raw, uninhibited. The kind of love that looks at the internal dialogue we have with ourselves in each moment and the messages we tell ourselves every single day that ultimately shape our beliefs and thus ultimately shape our experiences. In her debut book, Julie encourages us to take radical responsibility for how we show up in the circle of life.



★★★★★

## WHAT PEOPLE ARE SAYING:

*Real feedback. Real Results.*

*"Fantastic and dynamic speaker for our leadership team. We've hired Julie for various events now." - Lisa L., President, RSG International*

*"Fantastic! I have received messages from across various levels of the organization and comments have included things like 'our best wellness townhall speaker yet'." - Jody J., Director of Legal Services, Regional Municipality of Halton*

*"I've attended a lot of keynotes in my professional life and Julie was by far the best speaker I've ever heard." - Jim M., President/CEO, Willson Int'l.*

*"Looking for that edge? One of the most grounded, valuable, modern leadership books since Covid." - Paul Wylie, BMO Canada on 'The Heart Centered Leader'*

*"This book is a wake-up call to leaders who are still playing by the old rule book." - H. Buttigieg, Therapist on The Heart Centered Leader*



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