JULIE CASS

Author • Speaker • Wellness Expert

Julie is a dynamic motivational speaker and the author of multiple best-selling books, known for blending transformational insight with practical, results-driven tools.

With decades of entrepreneurial and leadership experience, she is a master business, life, and health coach who helps individuals and organizations unlock their fullest potential. As a leadership expert and certified practitioner in hypnosis, yoga, and EFT, Julie brings a uniquely holistic approach - bridging mindset, wellbeing, and high performance - in every delivery.

As the former CEO of a multimillion-dollar company, she successfully upscaled business revenues into the 8-figure range - proof that her strategies don't just inspire, they deliver.

Her insights have been featured across major TV networks and leading print publications, where she's known for her ability to simplify success and spark breakthrough moments.

Whether she's guiding entrepreneurs to the next level or empowering executives to lead with authenticity, Julie's message is clear: when you master your mindset, you master your results. If you're ready to elevate your audience and leave them with tools they'll use for life, Julie Cass is the speaker to book.

Connect with Julie: **www.ThePositiveChange.com** **905-487-8326**

JULIE CASS

SAMPLE KEYNOTES

MASTER Your Wellbeing, MASTER Your Life

Build Habits That Stick.

Burnout is silently eroding engagement and performance in workplaces everywhere. This keynote offers a powerful reset - equipping employees with practical tools to *reduce stress, strengthen focus, and sustain energy*. Through proven, science-backed strategies, Julie shows how mastering wellbeing directly improves productivity, collaboration, and retention.

The takeaway: A workforce that feels and performs better and a culture that supports lasting success.

The Confidence CODE

Confidence Built - Not Wished For

Imposter syndrome, self-doubt, and fear of failure quietly limit performance in even the most capable teams. The Confidence C.O.D.E. helps employees *break through internal barriers - replacing hesitation with self-trust, clarity, and decisive action*. Julie reveals how confidence isn't something we gain; it's something we reclaim through mindset, emotional intelligence and daily practice.

The takeaway: More empowered leaders, stronger collaboration, and a culture where people show up with authenticity and courage - driving innovation from the inside out.

LEADERSHIFT

People First. Results Built to Last

Traditional leadership models are breaking down under the weight of burnout, disengagement, and rapid change. *Leadershift* redefines *what effective leadership looks like today - rooted in emotional intelligence, empathy, and authentic connection*. Julie shows leaders how to move from control to empowerment, from managing people to inspiring performance.

The takeaway: More self-aware leaders, stronger trust across teams, and a culture where engagement and innovation naturally thrive.

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.

REAL FEEDBACK

"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

"Fantastic! I have received messages from across various levels of the organization such as 'our best wellness townhall speaker yet'."

- Jody J., Dir. of Legal Services

"Fantastic and dynamic speaker for our leadership team. We've hired Julie for various events now."

- Lisa L., President,