

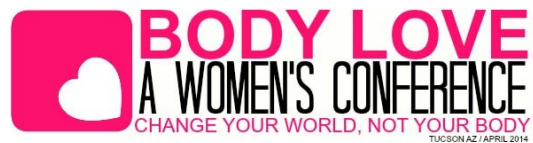


Julia Megan Sullivan professional speaker • body-positive advocate • coach

Every time Julia walks out of her house and doesn't hate herself, she recognizes that it's a political act. But why is self-confidence rebellious? Why is "health" coded language for "thin?" And why does "non-traditionally beautiful" always imply "less than?"

In her high-energy presentations, Julia inspires bravery, shares real-world strategies that work, and always entertains. Using her skills as a certified coach with the Integrative Wellness Academy, Julia always includes actionable steps that show you exactly how to bridge the gap between repeating a body-positive mantra and living it.

As a featured speaker at the inaugural Body Love Conference, Julia has attracted a national network of raving fans with lots of moxie. Locally, she has presented in conjunction with AWARE (Accelerating Women And underRepresented Entrepreneurs) at the University of Illinois Research Park, Illinois SBDC, Danville Area Community College, and private groups.



How Facebook Helped Me Stop Lying

Julia's powerful, personal one-hour presentation has received rave reviews from national and local audiences. With an intentionally inflammatory title, this high-energy session includes her experiences finding (and re-finding) genuine self-acceptance, and provides resources for creating a new narrative. She introduces thought leaders in the body positive community and Health at Every Size resources. Attendees leave entertained, inspired, and with a list of small, but powerful steps for change.

Take Off the Mask: Overcoming Impostor Syndrome

Do you ever feel like a fraud? Do you secretly think you've been promoted beyond your competency level? If so, you are in good company. Many smart, high-achieving women have experienced impostor syndrome. So how on earth do you overcome the self-doubt to promote your small business, ask for a raise, or speak up in a meeting? In this interactive, revealing one-hour session, Julia talks about how to use vulnerability to and clear the path to do your best work.

Julia's presentations can be tailored to fit your audience and event. Email Julia@JuliaMeganSullivan.com for speaking rates and availability or for information about private coaching.