

# JULIE VIELLIEU

---

Berkley, CA | 317-508-7737 | [jviellieu@comcast.net](mailto:jviellieu@comcast.net)

## OBJECTIVE

---

As an Integrative Health Coach: My PURPOSE is to use my knowledge and passion for healthy living to motivate change and facilitate action in my clients. My GOAL is to inspire my clients to create a lifestyle of change for themselves by embracing their power on their own terms. My MISSION is to motivate my clients to discover and embrace their unique life meaning and purpose for lasting fulfillment.

Coaching is the universal language of change and learning. It's all about having someone who believes in you and encourages you, about getting valuable feedback, about seeing things from a new perspective and setting your sights on new horizons.

## SKILLS & ABILITIES

---

Practiced understanding of the differences between coaching and health education. Ability to connect and empathize with diverse populations. Team player with strong interpersonal skills. Ability to build effective working relationships and networks. Knowledge of the Transtheoretical Model, Appreciative Inquiry, and Motivational Interviewing. Excellent verbal and written communication skills. Comfortable speaking in front of groups. Strong group facilitation skills. Critical thinking with effective research and analysis skills. Certified Massage Therapist. Certified Yoga Instructor. Qi Gong Practitioner.

## WORK EXPERIENCE AND COMMUNITY SERVICE

---

- |                     |  |
|---------------------|--|
| <b>2013-Present</b> | <p>Owner, Balanced Living</p> <ul style="list-style-type: none"><li>· Integrative Health Coaching, individual &amp; group coaching, workshops, webinars, presentations, public speaking.</li><li>· Coaching is the universal language of change and learning. It's all about having someone who believes in you and encourages you, about getting valuable feedback, about seeing things from a new perspective and setting your sights on new horizons.</li></ul> |
| <b>2014-Present</b> | <p>Trustee, Indiana Historical Society, Oversee all aspects of operation.</p>  |

2016- Present	St Vincent Hospital, board of directors, Integrative Health consultant.
2000-2010	Designed and implemented State of the Art Lunch Program, St. Louis de Montfort Catholic School, Fishers, Indiana
1998-2014	Conner Prairie Board of Directors, Guided new leadership initiatives as organization became independent.
1998-2006	Start-up Team, Guerin High School, ground floor planning and execution of school for 800 students.
1981-1994	Sales Experience NBC affiliate WTHR TV, Eastman Kodak, and Xerox Corporation Extensive sales training, top sales performance and recognition.

## EDUCATION

---

2015-2017	Master of Arts, Integrative Health Studies, California Institute of Integral Studies, San Francisco, CA
2016-2017	Certificate in Applied Positive Psychology, The Flourishing Center NYC
2013-2010	Certified Health Coach Training, Institute of Integrated Nutrition, New York, NY
2012-2013	Certified Lifestyle Coaching, The American Academy of Anti-Aging Medicine, Miami, FL
1981	Bachelor of Arts, School of Humanities, Purdue University, West Lafayette, IN