



Juli Pearson, MS

Speaker, health care practitioner, and integrative mind-body empowerment coach

“I wish I had learned this much earlier in my life. Juli has taught me how to direct and calm my nervous system. It has been life changing. This should be taught in every school, to everyone.”

“I have learned so much about the connection between my body and brain. I use Juli’s 90 second techniques to interrupt a wave of overwhelm which quickly gets me back to a calmer, clearer frame of mind.”

“Juli has been truly instrumental in my wife’s recovery and has done more for her than all other providers combined.”

Speaking Topics Include:

- **Self-directed neuroplasticity:** repatterning a chronically upregulated nervous system to become more relaxed, confident and at ease in high-pressure situations
- **Nervous system 101:** Your body IS actually your brain -- ways to use cognitive embodiment for more clarity and confidence
- **Leveraging the power of somatic intelligence:** going beyond the power of positive thinking to create empowered resilience especially during times of stress
- **Eliciting the metaphor that’s been keeping you stuck:** see yourself and free yourself to move forward with more ease

Include a keynote, workshop, or guest presentation in your next retreat, or gathering.

Juli is a cognitive communication expert and health care practitioner (licensed and certified speech language pathologist) with 23 years of experience working 1:1 and in group settings. She has worked at some of the leading medical and teaching institutions in the country. In her years of experience, she has worked with thousands of patients, clients, students, and colleagues, many of them facing life’s most difficult challenges, diagnoses, and life transitions. She uniquely integrates neuroscience, goal attainment, mind body modalities, subconscious repatterning, and somatic change work to empower people direct their own vitality and growth, particularly when times are tough.



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