

I|S|L EXECDEVELOPER™

REINVENT YOURSELF and REINVENT YOUR ORGANISATION

Julie Cummins



Specialisation

- One-on-one executive lifestyle coaching
- Assessing executives' health and wellbeing
- Training organisations in stress management skills

Profile

Julie is an experienced executive lifestyle coach with specialist skills in assessment of lifestyle needs, how to balance work with personal life and personal interests while maintaining optimal health and wellbeing and training in stress management. Julie has worked in private enterprise, the education and health sectors and has managed large teams. She specialises in designing individual personal or corporate health and wellbeing solutions and programmes to meet the specific needs and situations of clients who are prepared to change.

Qualifications

Certificate of Fitness Level 3, Certificate in Counselling,
Trained Teacher's Certificate.

Accreditation

Julie is a Registered Exercise Professional, she is also accredited to use the Myers-Briggs Type Indicator® which she uses to support her coaching.

Regions

All New Zealand regions

Phone +64 9 366 1560 **email** j.cummins@leadership.ac.nz