



Julie O'Connell
Mindfulness Speaker and Teacher

Julie is a passionate leader with 24 years of experience building and leading teams across Product, Sales and Marketing organizations in Financial Services. She is recognized for her entrepreneurial spirit and her ability to lead and motivate individuals at all levels to achieve their maximum potential. In 2014, Julie developed a Mindfulness Program which she has shared with thousands of associates and emerging leaders in Corporate America.

Julie is a Certified Meditation and Mindfulness teacher and a HeartMath Coach and Trainer. She has been practicing mindfulness for over 20 years and is known for bringing mindfulness to corporate America with a practical approach that is simple to integrate into a busy lifestyle.

Licenses and Certifications:

- Certified LSP 360 Degree Feedback Coach, 2018
- Certified Meditation Guide, March, 2017
- Certified Heart Math Trainer, January 2016
- Certified Heart Math Coach, September, 2014
- Series 24, Series 7, Series 63
- Certified Product Owner, 2018

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