

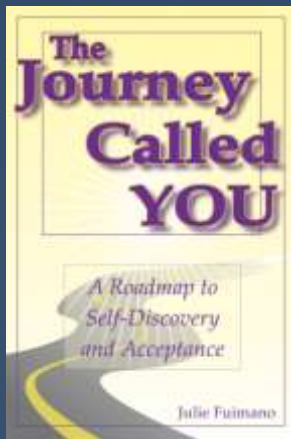
Julie Fuimano

RN, MBA, CSAC
Personal Development Expert

WHAT OTHERS ARE SAYING....

I truly enjoyed Julie's presentation style and appreciated her emphasis on seeing the positive in people and the necessity to enjoy everyday life. We really need to be reminded of these things. — Kim Elliott, RN, BSN

In such a short session, Julie was able to nail so many key points and increase my self-awareness. — Barbara Hediman, RN



In this practical "life manual" you will:

- Build your confidence and improve your self-esteem
- Take action to create positive change
- Identify obstacles to success and learn to break through what holds you back
- Understand success and what it really means for you
- Say "no" to things that are not a good use of your time
- Learn techniques to assert yourself to bring about positive results in life, career, and relationships

"Why is it that some of us have to go through things the hard way? That's how I would describe the first part of my adult life. I didn't know what I was supposed to do "when I grew up." Sound familiar? My journey, however convoluted, led me to start my own personal development business in 2001 so that through my work, people can maximize their potential and enjoy the happiness and success they seek.

In the early 90's, I found a home in the psychiatric environment and became a registered nurse. I have always been fascinated with people, their values, and how they operate. But the 90's were difficult years for nursing and I had a hunger for the business side of things so while in pursuit of my MBA, I journeyed into the people side of business including staff development, human resources, and recruiting. Nurturing Your Success was born in November of 2001 after the realization that what I am most passionate about is bringing out your brilliance without the limitations of poor self-esteem and fear, so you are confident, productive, and most importantly, joyful. My purpose is to help you maximize your potential as a leader, live true to your values, and feel confident managing your emotions and your actions as you navigate through your life and career." — Julie Fuimano



Julie Fuimano is no stranger to tragedy. She has overcome a drug addiction, a grave illness, divorce, single parenthood, the untimely death of her ex-husband, as well as being laid off three times and experiencing some of the worst bosses. She is a true student of life and seeks to find answers to life's big questions. She has struggled and sought answers. Eventually, those answers found her. This is the true test of a leader – someone who pushes through life's challenges, rises above them, and grows in the process.

She knows how every experience can shape the person you become. She approaches life with a purpose for being here. And now she is on a mission!

Through her work as a coach, author, and speaker, she will empower, inspire, and educate YOU to access YOUR power to change your life so you can experience peace and happiness and live life filled with passion and purpose.

Some of Julie's clients include.....

5th Annual Russ Babb Memorial Educational Symposium, Salina, KS
6th Annual Be the Designer of Your Life Conference
ADVANCE Newsmagazines and ADVANCE Job Fair & Career Events
American Association of Occupational Health Nurses
American Speech-Language-Hearing Association Annual Conference
Association of Healthcare Recruiters NY: Brooklyn, Queens, Staten Island
Barnes and Noble
Coalition of Advanced Practice Nurses of Indiana Annual Conference (CAPNI)
Center for Vocational-Technical Studies, Montgomery County, Pennsylvania

Central Montgomery Medical Center
Delaware Valley Health Professionals Association
Delaware Valley Virtual Assistant Association
Environmental Protection Agency
Fox Chase Cancer Center
GlaxoSmithKline
Habitat For Humanity
Job Circle Healthcare Education and Career Fair
Sigma Theta Tau Regional Tri-State Consortium Luncheon
Maimonides Medical Center
Philadelphia Mayor's Office of Health and Fitness
Mothers and More
Dream Talk with Marcia Wieder, America's Dream Coach
National Conference of State Legislatures
Nursing Education Institute
Pennsylvania Psychological Association
Philadelphia Area Coaches Alliance
Philadelphia Region Organizational Development Network (PRODN)
PhillyFIT Magazine

Julie's Most Requested Topics

Empathy in Action!

Have you ever been taught how to be empathic? Empathy is a key emotional intelligence competency, a necessary component for social interacting and building rapport. People with high empathy and compassion fair better in business, in leadership, and in their relationships both personal and professional. A lack of empathy can destroy partnerships, marriages, and friendships, keep people separate, angry, and misunderstood. Empathy is a key ingredient for achieving success in business and life! Yet, how does one learn to become more empathetic? In this presentation, we'll define empathy and compassion, you'll learn the key steps required for developing empathy, and the pitfalls to avoid.

Enforcing Personal Boundaries

Have you ever had anyone speak to you in an inappropriate manner? Ever been belittled or yelled at or been the target of someone's bad mood? It feels bad. And it's stressful. There are many different ways for people to trample on your boundaries: some are blatant and obvious while others more subtle. If you don't enforce your personal boundaries, then you suffer the cost in decreased productivity, wasted time and efforts, unnecessary drama, and increased stress, negativity, and poor morale. But what is a leader to do? How can you learn to ask for what you want from others without having them throw a fit (or getting so angry yourself that you blow up or say nothing)? Is it possible to teach others how you would like to be treated? While you have no control over the behavior of others, you absolutely have control over you. Setting personal boundaries is an essential leadership skill that impacts all areas of your life. Join us to learn strategies for recognizing and enforcing your personal boundaries that you can start practicing today.

Top 5 Ways to be Ineffective & Unproductive – AND What to Do Instead

In this dynamic and highly interactive and popular keynote presentation, Julie introduces the audience to five things people do every day in your organization or group that interfere with **productivity** and **business success**. As she describes the behaviors, participants are encouraged to identify how their thoughts and behaviors sabotage their own productivity and keep them from achieving greater success. She then discusses why the behavior is inappropriate, how it wastes time and energy, the negative feelings it provokes, and the impact it has to self-confidence, other people, and the organization at large. Julie teaches participants the actions needed to increase productivity, communicate effectively, and achieve desired business success. This is a fun and lively keynote in which Julie engages the audience and empowers you to make better choices at pivotal moments throughout your day.

Top Seven Masterful Communication Skills

There are some people who know just what to say and how to say it that makes you feel good about being in their presence. They know how to inspire and influence others. They even know how to deal with conflict. In fact, they seem to have very little of it! They express themselves gracefully yet powerfully and are a pleasure to have as friends and as business associates. So what's their secret? How do they do that? In this powerful presentation, you learn the tools you need to be able to engage audiences of all kinds. Join Julie as she teaches us the art of masterful communication.



To insure the success of your next event, contact Julie at
Nurturing Your Success
PO Box 851
Blue Bell, PA 19422
p: 610.277.2726
E-mail: Julie@NurturingYourSuccess.com