



# Julie Riga

Motivational Speaker,  
Leadership Coach,  
Facilitator & Podcast Host

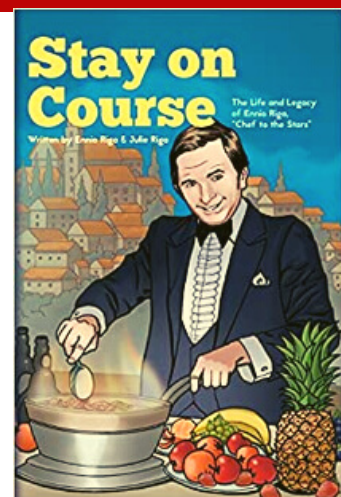
## Julie speaks to:

Corporate Executives,  
Entrepreneurs, Associations,  
Single Parents and Married Parents,  
The Overwhelmed and Blocked,  
High School and College Students

Julie is an inspiring Leadership Coach with a passion for helping individuals and organizations achieve their full potential. Through her powerful stories and wisdom, she challenges her audience to think deeply and reflect on their own leadership journeys. With a unique blend of humor, faith, and insight, Julie captivates her audience and keeps them engaged and eager to learn more.

## SIGNATURE TOPICS

- Stay on Course Ingredients for Success - Purpose, Presence and Perseverance
- Discover your Purpose and Stay on Course: As heard on TEDx
- My Listening Habit: Learn the 12 Roadblocks to listening and curious listening
- Failure, Faith and Fun: Lean into failure and embrace innovation and possibility
- Lessons from a TEDx Speaker: What is the gift you are giving your audience?
- The Worthiness Contract: Sign a new agreement and step into your power



stayoncourse.io

# What are people saying about Julie?

Julie was interviewed on the ACA Club Life Coffee and was fantastic. She is not only knowledgeable but also very personal and puts things in a way that everyone can apply. Personally, each time I speak with her my perspectives change a bit and I'm more equipped. One thing that must be said: Despite her vast knowledge and experience, she has such a desire to help others and an attitude of humility that is not always found. Highly recommend!

**HOST of ACA Club**

Julie is a motivating leader who engages all levels of management to address multiple learning areas and issues. Her TED talk inspired everyone. She is an amazing speaker and brings passion and humanity to all she does. She is an asset to the team! **Global Head of Operations**

Julie helped me to create a 3 day F2F workshop for an entire group, which I had just taken over as an interim group lead. The preparation and the actual workshop conduct were one of the most fun opportunities in my job. Julie did a great job as a workshop facilitator and also in following up on resulting action items. This workshop helped my group to reset the focus and we became way more efficient.

**Head of Statistics**

Julie's engagement with my organization included mentorship, training, workshop organization, and facilitation. Her preparation before the events, confidence, passion, and personality enabled for all of the engagements to be a great success. Often, I received overwhelmingly positive feedback from my team members and other participants. **VP Data Sciences**

Julie's Tedx Talk, was fantastic! Her openness, wisdom, and sense of humor made it a motivating lesson for all. I resonated with many parts of her speech, and was truly inspired from the advice to "focus on what you can control". In today's world, I think that couldn't be any more true. **Clinical Intern**

Super impressed by Julie's TEDx she did a great job and it was very well done! **Chief Learning Officer**

"I have had the pleasure of working with Julie delivering multiple Consulting engagements. Julie has worked onsite with an executive team seeking organizational change. She incorporated personality type into the team's understanding of their strengths and differences and helped guide them to creating action plans for how to better leverage their different gifts. Julie has also delivered a keynote speech addressing the changing nature of how we work. She has delivered virtually and face to face. Julie is very engaging and connects well with clients. She is passionate about helping clients identify how to make the best use of their strengths. Her enthusiasm and joy are contagious with clients feeling they made a personal connection with Julie. I highly recommend Julie for anyone wanting to start or deepen their journey for self-exploration, team or leadership development." **Talent Management Leader**



**STAY ON COURSE**  
INGREDIENTS FOR SUCCESS

WITH  
**JULIE RIGA**



**Stay on Course**  
LIVE



Host: Julie Riga  
stayoncourse.io

Join Julie live on various channels as she hosts and co-hosts spaces where audience members have a chance to grow and develop skills and mindsets.



**STAY ON COURSE**  
ACCELERATING FUTURE LEADERSHIP

The best time of the week!

Lunch Experience

- Learn
- Uplift
- Network
- Culture
- Humor



**Don't you deserve a break?**  
Life is better when we do lunch together.

- What is not being said that is critical to our business success?
- What opportunities are we missing by being obsessed with the past or the future?
- What is the level of self-awareness as a team as it relates to maximizing each other's development and potential?



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# Get in Touch!

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