HOW WE ‘RISE UP’
IN THE FACE OF ANY CHALLENGE

JULIE C. KELLY
INTERNATIONAL MOTIVATIONAL SPEAKER
WHO IS JULIE C. KELLY

**RESEARCHER/EDUCATOR**

- Microbiology and Immunology majors
- University of Southern California to Caltech
- Worked with 2 Nobel Laureates
- Manage a biotechnology leadership program with Ph.D. students

**SPEAKER**

- Since 2010
- Personal and Professional Development
- Host of “Master Your Life” podcast and creator of the online course
- HOSA and NCHSE are like family to me!
TELL ME ABOUT YOURSELF...

• Type in the chat
  • Which State you are calling in from, and
  • Yes or No: Have you watched the Tiger King series on Netflix?
MY TRAUMA
#1: ACCEPTANCE

Choose to either get bitter, or get better
#2: ACKNOWLEDGE

You have overcome every single challenge that life has thrown at you so far.
YOU
GRATITUDE

Start your day full of gratitude
CORE VALUES

Know your top 1-3 core values
BOUNDARY SETTING

Set healthy boundaries with family, friends, colleagues and students
CONNECT WITH ME

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• Master Your Life podcast: http://bit.ly/JCKpodcast
MY GIFT TO YOU!

• Go to: https://bit.ly/10happinesslists
QUESTIONS?

THANK YOU!