

FINDING THE PATH TO YOUR DREAMS

Hiking as a tool to professional progress.

By
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Imagine hiking through a breathtaking trail while embarking on a journey of self-discovery and personal growth. What if you were able to “clear the inner clutter” and release the self-limiting thoughts allowing you to live your very best life? After a lifetime of experience, multiple certifications and 28 years of leadership training with Mary Kay Inc., Julie Fox of Jules4Life Coaching has created these opportunities as she walks in her gift to help others accomplish their goals and live an authentic, happy life.

Growing up, Fox was the oldest of four children. She exhibited the traits of a scholar, always aiming to achieve the very best in everything she did. Despite being a straight-A student and serving in a variety of organizations, her accomplishments were never enough. Fox’s challenging home environment created an extremely shy, discouraged and unconfident child. Not realizing it at the time, Fox’s early struggles were a set up for her success.

Out of necessity, Fox learned how to navigate life at a very young age. She developed the characteristics of a self-disciplined, self-starting, and organized individual. These traits allowed her to navigate a variety of professional experiences until she landed her long-standing and successful career with Mary Kay where she rose to the top as an Independent Executive Senior Director. Fox achieved numerous accomplishments, including doubling unit production

in one year with a \$300,000 increase. It was during this time that she developed many deep-rooted relationships, giving her the boost for self-transformation.

“People loved and believed in me when I didn’t believe in myself,” she recalls. This experience taught her two key traits that she would eventually transfer into her coaching business—how to effectively communicate with people and how to listen to different personalities.

In 2018, Fox became certified and started Jules4Life Coaching. Her company offers coaching, workshops and Finding Your Trail (FYT) Hiking. Fox finds hiking to be extremely therapeutic. “It’s mental, physical, and spiritual,” she says. Fox wants to show women how to fill their cups and believe in themselves. She recognizes that women frequently take on endless roles, too often forgetting to care for themselves. “Women have put themselves on the backburner. Everyone else is first and they have nothing left to give.”

Jules4Life coaching focuses on goal setting and getting down to what you want, why you want it, and what’s holding you back from getting it. Affirmations, visualizations, and learning how to dream again are all part of the process. From business owners to cancer survivors, Fox works with clients from all walks of life.

Looking ahead, Fox plans to offer many more FYT options for her clients and wants them to believe they can accomplish anything they desire. She has personally had to overcome a number of obstacles and because of this she believes others can too. “I want to help and make a difference in as many lives as I can!” she says. “If Julie can, anyone can.” 🌟

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