



# Julia Rose Portela

Motivational Speaker, Coach,  
Writter & Podcast Host

Julia is a motivational speaker with 12+ years of experience in her field as an intuitive practitioner, including positions at OMEGA Institute, Canyon Ranch, and Miraval.

Julia works with groups, individuals, and organizations to amplify their authenticity and empower them to work intimately with their emotions to promote lasting transformation. Additionally, Julia is the host of The Stream of Consciousness Podcast.

## SIGNATURE TOPICS

- ✓ Conscious Connection & Communication
- ✓ Living with Intention
- ✓ Understanding Emotions
- ✓ Being Your Authentic Self
- ✓ The intersection of Spirituality & DEI
- ✓ Astrology / Astrological Trends for Mindful Living



# Approved Media Photos



## STAGE INTRODUCTION

*Pronunciation of Portela: Poor-Tell-Uh*

*Pronouns: She/Her*

Julia lives by the motto: " All things with grace and compassion". She has 12 plus years of aligning her personal and professional life to those values. The tools, resources, and knowledge she has collected along this journey have become the pillars to her keynotes. Julia prides herself on teaching from one stepbeyond where she has just been, grounding her presentations in understanding and emathy.

At work, she strives to hold space for people on their healing journeys and offer alternative perspectives on patterns or thoughts that may keep her clients stuck. Julia is a pop culture enthusiast and at home, she can often be found listening to soft jazz, sipping a crafted mocktail, and cuddling her cats , Sherlock and Watson.

**JULIA MAY HIRE AN ASL INTERPRETER IF YOUR EVENT IS NOT EQUIPPED WITH ONE ALREADY**

# AV NEEDS:



MICROPHONE



PROJECTOR



CLICKER



WIFI AND MEDIA  
FOR SOME  
KEYNOTES



Please feel free to reach  
out for any questions.

*Get in Touch!*

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