

# coaching for LIFE!



Maximizing human potential through relationship:  
At home and in the office.

*Juli has trained our Board of Directors, our clinical staff, our foster and adoptive parents and our community at large. Nobody has touched our participants in small groups or large workshops like Juli. As a foster parent, an administrator and therapist herself, she weaves in her clinical, parenting and administrative expertise in a way that moved our groups to tears, to higher levels of motivation and most importantly to a new level of skill in maintaining our difficult children in placement. Our parents and staff have asked for Juli time after time.*

— Donna Bolinger  
State Executive Director  
SAFY TFC

**LEARN MORE** about our keynote, workshop and consultation services:

**coaching for LIFE, LLC**  
www.coaching-forlife.com  
info@coaching-forlife.com  
**303-431-0604**

**Juli Alvarado, MA, LPC, NCC**  
**Speaker. Educator. Author.**  
**Peace Consultant**

## **TRAUMA INFORMED CARE**

Juli Alvarado comes to you with 20 years of experience in child welfare and mental health from the top down. Combining the latest research in neuroscientific findings with ancient healing methods, she teaches powerful parenting, therapeutic and organizational paradigms that are transforming individuals, families and entire agencies.

All of our work is based on **Emotional Regulatory Healing**; Juli Alvarado's paradigm for healing of individuals, families and organizations.

**coaching for LIFE!** brings the highest keynote, lecture and consultation reviews from around the globe. Motivationally charged and energetic workshops keep participants coming back time after time!

Ms. Alvarado has provided treatment foster care for seriously disturbed children for 15 years. She is a therapist and consultant well known internationally as an expert in trauma, attachment and bonding. Juli has served on the boards and as the executive director for several child welfare agencies and is the owner and president of **coaching for LIFE!**, an organizational consulting business in Denver, Colorado.

Juli and her husband Miguel have been married for 22 years and have 61 children, 4 of them are biological.

See reverse for a listing of our professional services.

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## **WORKSHOPS, KEY NOTES, TRAINING & CONSULTING PROGRAMS:**

The topics offered below can be provided in a one day workshop, a three day intensive training, or a Key Note for parents, professionals and mixed groups. We provide organizational consulting, parent trainings and professional workshops. Our programs are flexible, accommodating and customized to your specific needs.

### **Emotional Regulatory Healing: A Trauma Informed paradigm for healing**

A trauma informed paradigm for healing of individuals, families and organizations dealing with trauma. The three day intensive training for organizations builds the foundation for trauma sensitive service delivery. Every child welfare and mental health agency should invest in this workshop.

### **From Chaos to Calm:**

Effective strategies for severe behaviors.

### **Neuroscience Made Simple:**

A simple, yet deep understanding of the impact of trauma on our social/emotional and behavioral life.

### **Clinical Implications of Trauma:**

Positive utilization of brain changes that result both from trauma and therapy.

### **Brain Based Interventions in Attachment, Trauma and Regulation:**

Methods to activate the brain's inherent healing power.

### **Mindfulness in Healing:**

Clinical and parenting practice that utilize mindfulness and neuroscience to accelerate healing.

### **Relationship as a Therapeutic Tool:**

The power of regulated relationship in the healing of trauma and attachment.

### **Compassionate Classrooms and Institutional Settings:**

Creating a trauma informed, compassionate classroom, residential or inpatient psychiatric unit takes a group of highly regulated, prepared and skilled professionals. This workshop explores methods for group cohesiveness and emotional regulation for the individual as well as the team supporting some of our most vulnerable children.

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