

Julie Ulstrup, Embodying Brilliance: Unleashing Your Strength, Confidence, and Beauty- Episode 314

In this Episode:

- Julie shares her courageous decision to walk the ancient pilgrimage alone, defying the norms and pushing her boundaries, which led to profound moments of self-discovery and a powerful awakening
- How you can love your photographs and transform your self-perception to allow you to step into your light and radiate confidence
- The importance of awareness and gratitude as key elements in integrating self-leadership into your life
- Feel empowered through her proven practices and success strategies
- The challenges and lessons in business transition and growth and how to stay true to your goals

Notable Quotes:

“Elevate women, it's like when the tide rises all boats rise.”

“The miracle that happened in the church was really for me a transformation and an awakening of not letting somebody else define me and not hiding my brilliance anymore, not playing small.”

“There's no competition. There's room for all of us because all of us have different gifts to share.”

“Be open and clear about what you want, who you want to serve, and how you want to serve..”

Pearls of Wisdom:

1. Live courageously in your heart.
2. Notice what brings you alive.
3. Know your brilliance and put it out in the world.

Resources:

Julie Ulstrup is known for her captivating talks and insightful conversations. With an impressive background as a successful entrepreneur, international award-winning leader, and accomplished photographer, she brings a unique blend of expertise and inspiration to her work. Julie specializes in working with women who are deep thinkers with a thirst for lifelong learning, a hunger for change, and an unwavering sense of purpose. Julie stands as a beacon of inspiration, urging individuals to embrace their true selves, live authentically, and contribute meaningfully to change the world for good.

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