



# Dr. Julie Beaulac: Workshops & Trainings

DYNAMIC TRAINING, WELLNESS EVENTS,  
AND CONSULTATION TO GROUPS AND TEAMS.

## EXAMPLES OF WORKSHOPS OFFERED INCLUDE:

- ENHANCING PERFORMANCE AND CREATIVITY
- MINDFULNESS
- CULTIVATING COMPASSION
- PREVENTING AND OVERCOMING BURNOUT
- STRESS MANAGEMENT
- COPING WITH UNCERTAINTY
- OPTIMIZING SLEEP
- TOOLS TO BUILD RESILIENCE
- KEEPING CALM AND FINDING JOY IN DIFFICULT TIMES
- MASTERING COMMUNICATION AND RELATIONSHIPS

## FORMAT

AVAILABLE IN ENGLISH AND/OR FRENCH.

DIDACTIC PRESENTATION, INTERACTIVE & EXPERIENTIAL EXERCISES, Q&A.

## LENGTH

TAILORED TO YOUR GROUP

RANGE IN LENGTH STARTING AT 1 HOUR



DR. BEAULAC IS A REGISTERED CLINICAL, HEALTH, AND REHABILITATION PSYCHOLOGIST AND CONSULTANT IN OTTAWA, CANADA. SHE IS BILINGUAL, IS A CERTIFIED YOGA TEACHER AND TEACHES MINDFULNESS. SHE HAS PRESENTED AT INTERNATIONAL AND NATIONAL CONFERENCES AND HAS PUBLISHED HER RESEARCH IN PEER-REVIEWED JOURNALS. DR. BEAULAC SPECIALIZES IN OPTIMIZING WELLBEING AND HAS HELPED INDIVIDUALS AND GROUPS GROW MORE MEANING AND SATISFACTION, ENHANCE PERFORMANCE, AND BECOME MORE ENGAGED IN THEIR LIVES SINCE 2004. HER CLINICAL WORK DRAWS ON ACCEPTANCE AND MINDFULNESS-BASED APPROACHES, BRAIN BODY-BASED APPROACHES, AND COGNITIVE-BEHAVIOURAL THERAPY.