

Juliette Sak

LIFE + WELLNESS

Welcome!

Juliette Sak Life & Wellness helps busy women embrace their self-worth and learn to prioritize themselves. Juliette believes that it is possible to achieve your goals and live your dream life. She loves supporting women to create joyful, fulfilling, and empowered lives that they love.

Juliette Sakasegawa is a Certified Life and Career Coach, a Speaker, a Course Creator, an Educator, and a Mentor to Women Entrepreneurs.

Join over 370 other women in our private self-care community, Take Care of YOU. Join us for self-care support, motivation, and inspiration!

Juliette Sakasegawa

Lives in San Diego with her husband and their three children

Born and raised in Big Sur, CA

Started her Life Coaching Business in 2016

Loves movies, yoga, meditation, swimming, traveling, amazing food, personal development, and spending time with family

See more of Juliette on Take Care of You TV

Juliette is:

- Supportive
- Thoughtful
- A great listener
- Energetic
- Intuitive
- Empathetic

Presentation/Speaking topics:

- Self-Care
- Healthy Boundaries
- Life Balance
- Self-esteem/Confidence
- Priorities
- Creating a Vision/Vision Boards
- Empowerment
- Self-Love

INSIGHTS

FEMALE 68%

MALE 32%

36%
AGES 25-34

30%
AGES 35-44

15%
AGES 45-54

INQUIRIES? EMAIL :: Juliette@juliettesak.com

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WHY WORK WITH Juliette?

Juliette is trained and certified by Life Purpose Institute, a program accredited by the International Coach Federation (ICF). Juliette has hundreds of hours of experience and continues to develop her coaching skills through further training and professional development.

Juliette has a Bachelor's Degree in Theatre from Pitzer College, a Teaching Credential in Elementary Education from Long Beach State University, and a Master's Degree in Mathematics Education from San Diego State University. She is a Certified Life Coach through the Life Purpose Institute and is currently working toward further credentialing through the International Coach Federation.

FEATURED BY

The We Podcast, The We Spot Blog, The Wright Wellness Center Podcast and Blog, and SD Voyager



OFFERINGS:

ONE-ON-ONE LIFE OR CAREER COACHING

Partner with me to work on your personal goals, specific projects, or life transitions. I will help you identify your goals and develop an actionable plan to achieve them. I will support you so you can move through whatever is holding you back and create the life you desire!

GROUP PROGRAMS AND COURSES

Juliette has several courses and group programs available on subjects such as overwhelm, life balance and empowerment.

BUSINESS MENTORING FOR NEW ENTREPRENEURS

I have been a new entrepreneur myself. I know what it's like to be just at the beginning. I can relate to the overwhelm and the confusion about where to start and what to do. Partner with me to work on your business goals and projects. I will help you identify your goals and develop an actionable plan to achieve them.

SCHEDULE A COMPLIMENTARY DISCOVERY SESSION WITH ME TODAY!

SPEAKING AND WORKSHOPS

Juliette loves to present, speak, and work with people in a group setting. Please contact her to discuss creating an inspiring workshop or talk on any of the following topics: Self-Care, Healthy Boundaries, Life Balance, Self-esteem/Confidence, Priorities, Creating a Vision/Vision Boards, Empowerment, Self-Love.

*Workshops and presentations can be created for intimate spaces such as private homes, for large corporate events, or for anything in between.

CONTACT

 www.facebook.com/JulietteSakasegawaLLC/

 www.instagram.com/juliettesaklifewellness

Join the private self-care community, Take Care of YOU:
bit.ly/takecareofyougroup



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