



# Julia Wolfendale

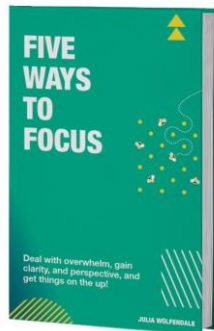
## Bio

### Executive Coach and Director at On The Up Consulting

Julia Wolfendale is the director and founder of On The Up Consulting, an executive coach, and author. She creates innovative workforce programmes, that transform conversations at work, helping people to play to their strengths, and fulfil their true potential.

With On The Up Consulting, Julia has trained over 1000 leaders, and coached CEOs, directors and senior managers across all sectors. Her innovative employee engagement and coaching programme has attracted two international training awards.

## Books



[Five Ways To Focus](#) is Julia's book providing insightful ways to help you deal with overwhelm, and gain clarity and perspective. Julia has been featured as an expert in Psychologies, the UK's number one emotional wellbeing magazine and is a regular guest on leadership and personal development podcasts across the UK and USA.

## Contact

[hello@ontheupconsulting.com](mailto:hello@ontheupconsulting.com)

[www.ontheupconsulting.com](http://www.ontheupconsulting.com)

## Social Media

[Linktree](#)

[Twitter](#)

[LinkedIn](#)

## Promotions

[Book: Five Ways to Focus](#)

[Udemy Course: Five Ways to Focus](#)

### Five Ways to Focus and Speaking Topics

- How to be happy, successful and fulfilled.
- Understanding what matters to you
- How to find your own path to success
- How to get things going well after a setback
- How to deal with overwhelm

