

February 20, 2016
Presentation by Julie Delene
Move into your Best Life!

“Move As One” founder, Julie Delene often called the “transformation agent”, will introduce you to the 5 Mindful Moves™, a proven way to help you align from the inside out. Julie has combined more than two decades as a management consultant with her experience as a professional ballroom dancer to create a unique, powerful approach to strengthening, energizing and focusing people to make positive changes in their lives, work and relationships. The 5 Mindful Moves™ were inspired by elements of successful teamwork – alignment, engagement and synergy – Julie observed in her experiences with mindfulness, Eastern methods and ballroom dance.

Julie will get the group up and moving and create a new “dance” – one that incorporates presence, passion, purpose and partnership. Learn to “move as one” and experience the principles *proven* to be crucial for a mindful, prosperous self.

“Julie’s authentic presence and meaningful content brought us renewal on both a personal and team level.”

—Mary Ellen McCartney, Chief Learning Officer, Gundersen Lutheran Health System

Julie has twenty-five years experience defining business strategy, driving growth, improving performance and facilitating change. She is certified in Miracle of the Breath™, Wind Water Feng Shui, and **Best Year Yet™**, a global organization with over 30 years of experience. She is also an accomplished professional ballroom dancer and instructor. Julie has used the **5 Mindful Moves™** within major organizations including Wells Fargo Wealth Management Group, Mayo Clinic Health System, Gundersen Lutheran Health System, Whole Foods, the University of Wisconsin, along with numerous smaller organizations, groups and individuals.

More information is at www.move-as-one.com.

Check out the move as one video at <https://www.youtube.com/watch?t=7&v=sd8iB4Kbks8>.

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