



DR. JULIA COLANGELO

SPEAKING + PARTNERSHIPS KIT

PRESENTED BY THE NEW FASHIONED CO.

ABOUT DR. JULIA COLANGELO

SHORT BIO

Dr. Julia Colangelo (DSW, MSW, and LCSW) is an award-winning educator, keynote speaker, Flow researcher, writer and private coach with more than 14 years of experience as a therapist and clinical researcher in the science and psychology of flow. She's the founder of Hello Flow & The Flow Brain, Maui-based companies where she helps high performers, including visionaries, global leaders, public figures, and celebrities get out of the riptide of overstimulation, regulate their nervous system, and cruise into their greatest flow states.

LONG BIO

Dr. Julia Colangelo (DSW, MSW, and LCSW) is an award-winning educator of flow and mindfulness at Columbia University and the founder of Hello Flow and The Flow Brain, Maui-based educational and consulting companies, where she helps high performers, including visionaries, global leaders, public figures, and celebrities get out of the riptide of overstimulation and cruise into their greatest flow state.

Her primary work is in clinical research where she has more than a decade of experience exploring the science and psychology of flow to uncover the best and most sustainable flow states. Today, she shares her knowledge and research as a private coach and advisor to high-profile individuals, as well as a sought-after keynote speaker and workshop facilitator for events and retreats across the globe. Dr. Julia has trained companies like LinkedIn and Convene, and been featured in places like Forbes, Glamour Magazine, The Washington Post, HuffPost, and more. She's also the host of Flow, a podcast that sits at the intersection of spirituality and science to help listeners integrate mindfulness, self-awareness, and flow techniques so they can discover their truest essence and root back to their true selves.

When she's not uncovering groundbreaking new research on flow or hosting one of her innovative yet peaceful retreats, she can be found walking, surfing, and swimming at the beach and playing with her children.



DR. JULIA HAS BEEN
SEEN IN / ON...

Forbes

The New York Times

Bustle

Entrepreneur

The Washington Post

IHUFFPOST

GLAMOUR



WHY DR. JULIA

You've never understood the science and psychology of flow like this before. With over a decade of experience in the field, Dr. Julia combines her innovative research on flow with her unique approach to mindfulness to create real-time transformation wherever she shows up.

From intimate retreat settings to national stages reaching thousands of people, Dr. Julia distills the mystery of flow into an inspired practicality that empowers listeners to become their own researchers. Audiences always report being amazed at just how much can change from a seemingly simple visualization or exercise. Equal parts human, hippie and hype, Dr. Julia helps them align their life and work to their values so they can begin experiencing more flow states in both.

Whether you're looking for a keynote presentation, visualization exercise, fireside chat or workshop, your audience will get a powerful group flow experience that finally connects the dots between personal values and peak performance states.



DR. JULIA'S REACH

EMAIL:

- 6,000 SUBSCRIBERS WITH 69% ENGAGEMENT RATE, GROWING DAILY

SOCIAL MEDIA:

THE FLOW BRAIN:

@THEFLOWBRAIN

- 7,825 WELL-ENGAGED FOLLOWERS ON INSTAGRAM
- 230,742 ACCOUNTS ENGAGED IN THE LAST 30 DAYS

DR. JULIA COLANGELO:

- 15,200 FOLLOWERS ON INSTAGRAM

DR. JULIA IS TRUSTED BY...



WHAT OTHERS ARE SAYING



“SHE DIDN'T TELL ME HOW TO THINK OR FEEL, BUT HER GUIDANCE HELPED ME THINK FOR MYSELF IN A DIFFERENT WAY.”

“Before I started working with Julia, I was very unsure about my life direction, despite having an amazing home, friends, and career. Something felt missing, and not being able to put my finger on it caused me to become anxious. When I tried to overthink my way into clarity, I only dug myself deeper into confusion. Julia offered a different perspective. She didn't tell me how to think or feel, but her guidance helped me think for myself in a different way. It was empowering. I realized it was working when I found it effortless to tap into the positive feelings and inspiration I encountered during and after our sessions. Now I have the confidence in knowing that I have the power to remove the obstacles I place in my own way, and to achieve my full potential.”

—MICHAEL WRIGHT, MARKETING DIRECTOR AT TIKTOK

“I WAS LOOKING FOR A WAY TO WORK LESS, GET BETTER RESULTS AND FEEL MORE IN FLOW EVERY DAY. JULIA HELPED ME GET CLARITY ON SO MANY LEVELS...”

“Before working with Julia, I didn't understand how to cultivate and work with flow. I recognized moments when I was in flow, but didn't know how to best use them. I was also feeling frustrated with working in my business when I wanted to do other things like write, share my experiences in the world, and have creative freedom. I was looking for a way to work less, get better results and feel more in flow every day. Julia helped me get clarity on so many levels. It was fascinating to understand my own flow state better, and to make business and lifestyle decisions to support my flow. I also gained clarity on my mission as an inspirational author and thought leader, which has helped me make bigger moves towards it. Julia held a big and bold vision for my life and business, which is what we all need: someone to lovingly encourage us to be our true, authentic self and take our dreams seriously. Working with Julia leveled up my vision for myself — I can't wait to work with her next to do it again!”

—EMMA STRATTON, AUTHOR AND CEO OF PUNCHY

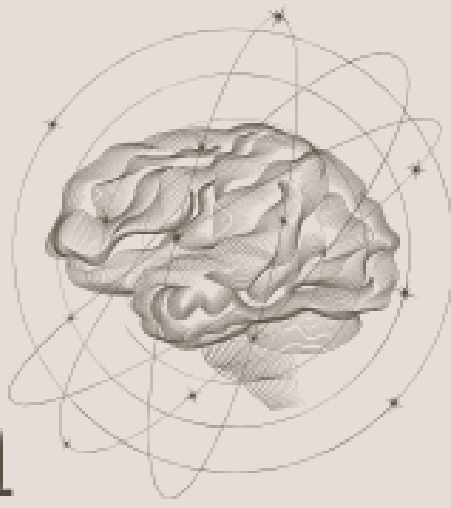
“SHE BRINGS THE RIGOR OF HER IMPRESSIVE RESEARCH AND BLENDS IT WITH THE HEART AND SPIRIT OF AN EMPATH: THIS IS A COMBINATION THAT MANY HIGH ACHIEVERS LIKE ME NEED...”

Working with Dr. Julia Colangelo is a gift. Since our first coaching experience in 2022, I've had the opportunity to experience her 1-on-1 in person and virtually, in a virtual group coaching and learning environment, and at an in-person retreat. In each experience, I've witnessed her ability to hold space for us in a way where we each feel seen, heard, and amplified.

Professionally, when I need to hear my own thoughts better, when I need to move through a stuck place, or when I need to be reminded of what's possible through my talent and leadership, a session with Dr. Julia is the medicine for the moment. She brings the rigor of her impressive research and blends it with the heart and spirit of an empath: this is a combination that many high achievers like me need to release and activate reflection and a flow state. I will forever be a life-long supporter of Dr. Julia and her work and cannot recommend her enough.

**—CHRYSTA WILSON,
MPA, ACC, CEO OF WILSON AND ASSOCIATES COACHING AND CONSULTING,
FOUNDER OF DEI DINNER PARTY, CREATOR OF SOUL'S FOOD**

The Flow Brain



CHANGE YOUR BRAIN 🧠 CHANGE YOUR LIFE 🌱

**THE FLOW BRAIN IS DEDICATED TO HELPING YOU
TRANSFORM YOUR STRESS AND FIND YOUR FLOW.**

The Flow Brain is an innovative educational and consulting company on Maui teaching neuroscience skills to regulate the Nervous System

THE FLOW BRAIN

- Dr. Julia Colangelo founded The Flow Brain in February 2024 as an educational company teaching practical and profound tools to transform your stress and find your flow through a trauma-informed lens to regulate your nervous system.
- The mission of The Flow Brain is to bridge the gap between cutting edge Neuroscience and Flow research and introducing these tools and ideas to the world via free content, playlists and newsletters.
- Dr. Julia draws on her own experiences living with chronic illness symptoms and surviving a natural disaster with her family on Maui to teach practical and profoundly impactful skills to regulate the nervous system during challenging times.
- Dr. Julia regularly speaks and teaches tenants of the Flow Brain internally and externally for companies, organizations and at events.

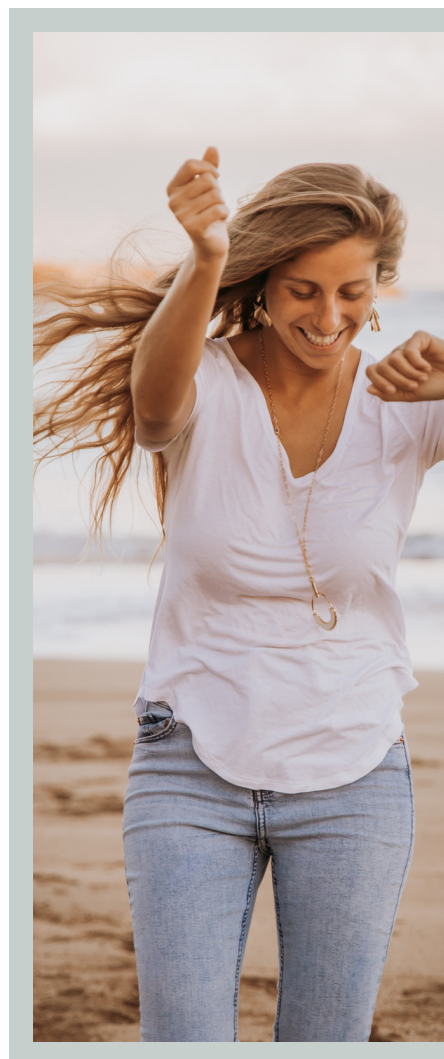
FLOW VISUALIZATION

Flow visualization practices belong at every event whether you're curating a themed retreat or planning a global conference.

As a meditation instructor and teacher, and the professor of Mindfulness in Clinical practice at Columbia University for 7 years, Dr. Julia has fused the science of mindfulness with elements of neuroscience, peak performance, creativity, and self-discovery to create a flow visualization practice distinct from all other mindfulness practices.

Whether your audience is new to visualization or has been doing it for decades, Dr. Julia's approach will offer them a fresh experience as she empowers every participant to become the creative directors of their visual practice. **This is particularly helpful not only for first timers but also for teams and participants who are not easily able to enter a meditative flow state or might experience elements of neurodiversity (ADHD, difficulties with focus, burnout, or compassion fatigue).**

The impact of flow visualization outlasts the momentary experience. In fact, Dr. Julia's audiences report being able to participate in EFT tapping (Emotional Freedom Techniques) that allows them to reconnect to the transformation of the live event or recorded session even AFTER the session, at any time, by connecting to their mind, body, and spirit. Create an experience that transcends the moment by offering flow visualization at your next event.



SPEAKING TOPICS

As a seasoned speaker, Dr. Julia can speak on a myriad of topics related to flow and how it shows up in both our personal and professional lives. Whether you're looking for a keynote address, breakout session, workshop, or fireside chat, Dr. Julia can take any of the following topics and customize them for your event to create an unforgettable moment of transformation with your audience.

- **Uncovering the Basics of Flow to Activate it at Home and at Work**
- **Understanding the Flow States and Flow Blockers to Achieve Greater Flow**
- **Ways Anyone Can Unlock Flow by Identifying and Anchoring in Personal Values**
- **How to Create and Maintain a Sustainable Mindfulness Practice**
- **Transform Your Management Style by Cultivating a Self-Compassion Practice**
- **Flow by Example: How to Channel your Creativity and Strengths to Lead by Example in a Group Flow State as a Thought Leader, Manager or CEO**
- **Parent in Flow: How to Find Your Flow in Tandem with Your Children**

SPEAKING REEL & SAMPLES



FIND YOUR FLOW AND UNLOCK YOUR GENIUS.



FLOW, MINDFULNESS, RELATIONSHIPS, PURPOSE, & ALIGNMENT



MEET JULIA COLANGELO



FINGER TRACING EXERCISE



PARTNERSHIPS WITH

When Dr. Julia partners with a brand, it's an effortless collaboration.

As a thought leader and mindfulness and flow expert, Dr. Julia has a history of standing with integrity for the brands she supports daily. **The common thread tying all partnerships together is that every brand and company Dr. Julia supports also supports her lifestyle of "living in flow" and is in alignment with her values.** Because Dr. Julia delights in sharing the exact items and brands she has used to enhance her lifestyle, she'll never partner with a brand she doesn't love and purchase from personally. It's this integrity that has created such a strong sense of trust within her community.

Whether she shares about local farmer's markets or global sustainable brands and companies, Dr. Julia's community leans in. They're engaged and curious—always asking for the behind-the-scenes of her lifestyle choices, investments and "what's inside her adventure bag." **In fact, it's because of this interest that Dr. Julia has been able to sell products ranging from \$9-\$10,000+ through social media for both herself, affiliates, and companies she supports.**



By partnering with Dr. Julia, you too get to reap the benefits of this engaged community.

Whether you're looking for a short-term or long-term engagement, Dr. Julia will work with you to design a custom partnership that is both aligned for her audience and gives you the best opportunity at high engagement. Some examples of possible partnerships include content collaborations on social, email, and her podcast. Dr. Julia also opens several spots a year for brands to partner with her on a deeper level to sponsor her highly-requested, intimate retreats.

BOOKING CONTACT INFORMATION

Interested in booking Dr. Julia for your next event or conference or working together to create a custom solution for your partnership, consulting or collaboration needs? Use the information here to send your request to our team.

KRISTIN CARVER SMITH
FOUNDER & CEO, THE NEW FASHIONED CO.
kristin@thenewfashioned.co