

JUNA Coaching Services



Julianna Cantwell, CACE, CPHR

Julianna Cantwell is the President of JUNA Consulting Inc., a strategic human resources consulting practice that helps organizations improve individual and group performance. Specializing in learning & development for 20 years and communications for more than 15 years, Julianna logs over 100 days a year speaking and facilitating learning. She is also a Chartered Professional in Human Resources (CPHR), trained in **Emotional Intelligence** coaching using the EQ-I 2.0 tool, and certified in **DISC** (working with different personalities).

Why work with a coach?

- Reinforce your learning from workshops (apply your insights)
- Work through challenges you're having (an objective "sounding board")
- Identify your roadblocks and develop strategies to overcome them (reach your goals)
- Get a candid perspective from a neutral third-party (respectful and honest feedback)

Julianna offers coaching in person and via phone – whatever is convenient for you.

For more information,
Email: julianna@junaconsulting.com
or visit: www.junaconsulting.com

