

Julie Guirado

Leadership & Executive Coach

We often get in our own way when it comes to achieving our most meaningful goals. To thrive at work and beyond, we need to cultivate self-awareness and transcend habits that inhibit us. As a Leadership & Executive coach, Julie partners with high potential individuals and teams to increase their awareness of how they act, think and feel. Julie's aim as a coach is to help her clients tap into their unexplored potential so they can get unstuck and reach their most ambitious goals. She tailors her work to each client's context, approaching it with a mix of philosophy and practicality, candor, humor and dedication.

Julie helps individuals uncover previously hidden possibilities. She holds space for personal exploration, leveraging her leadership experience, her knowledge in psychology as well as her know-how of mind-body practices. Using her innate ability to get to the heart of a matter, Julie's transformative coaching helps people in on what makes them unique and how they can leverage it.

Julie's coaching draws from 15+ years of experience leading finance and operations teams, her adventurous spirit and cultural openness. Following her insatiable curiosity, she moved from her home country, France, to live in Mexico and then the United States. She has worn many different hats in for- and non-profit organizations and even as a co-founder of her own venture. Julie has worked in 30+ countries and has led multicultural teams in various settings.

Julie received her Master of Business Administration from EGADE Business School at the Tecnológico de Monterrey in Mexico and a Masters of Science in Management from ESSEC Business School in France. She holds an Executive Certificate in Leadership Coaching from Georgetown University and is an Associate Certified Coach with the International Coaching Federation. Julie also studied Social and Personality Psychology at UC Berkeley and Organizational Psychology at Harvard University.

In the evenings and on the weekends, you can find Julie with family and friends, rock climbing, reading, cooking or thinking about her next adventures.



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Coaching offered in:

English, French & Spanish

Clients include:



charity: water