

## Julia Maddison

### Consultant, APAC



**Julia Maddison** works with the Langley Group as a Consultant and Facilitator. She is a Learning & Development professional with many years of experience in coaching, facilitating, and training individuals and teams to reach their highest potential.

Julia is passionate about educating employees on wellbeing and providing them with evidence-based tools of positive psychology that they can incorporate into their daily lives to live and work well.

Her strengths lie in her optimistic outlook and ability to bring energy and positive outcomes to learning experiences. She thrives on authenticity and enjoys engaging with people to build better connections and relationships for optimal outcomes.

Julia has been working with the Langley Group as a client, and now as a consultant, for many years. She is a graduate of the Diploma in Positive Psychology and Wellbeing and is certified in the Strengths Profile tool, MSCEIT assessment and Work on Wellbeing assessment. She has also completed the Langley Group Certified Trainer programmes in Everyday HEROES, Positive Psychology and Flourish, Positive Leadership and Leading with Emotional Intelligence.

Julia's background in sales means her facilitation around emotionally intelligent sales is a winning combination for teams.

Find out more about Julia at:

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