



# JULIE NOONAN

Helping business leaders ride the waves of change

[www.jnoonanconsulting.com](http://www.jnoonanconsulting.com)

[julie@jnoonanconsulting.com](mailto:julie@jnoonanconsulting.com)



+1 (615) 975-3733



*I had no idea what a rich, meaningful, and magical conversation it would be.*

*Miriam Brousseau  
Founder/CEO  
Tinywindowconsulting.com*

## PODCAST TOPICS

### **The Final Years of the Boomers; Boomers Leaving Legacies**

As a Boomer myself (born in 1963), I am still a good 10-15 years from formal retirement. My thoughts, and those of my colleagues still in the workforce, have turned to what type of legacy we can leave to have the most positive impact on the future of business, our successors, and the world.

### **The Pace of Change and its Impact on Leaders**

If the last two years have taught us nothing else, we all now realize how uncertain our world can be. Human nature resists change and tries to return to "normal". What can we do when there is no more "normal" to return to? And what happens when we can't adapt?

### **Reverse Mentoring (TM) What is it and Why Should I Care?**

Never before in history has it been as essential for experienced leaders to mentor the newer generations coming up in business AND for those same newer generations to mentor their leaders. Reverse Mentoring (TM) makes this possible in a tangible, practical way.

### **Recognizing and Using Energy to Improve Outcomes**

I explain how to use Energy (via the Energy Leadership Index by Bruce Schneider) to raise the productivity and positivity in any work environment.

## BIO

### **Julie helps corporate executives lead and succeed at transformational change.**

Julie is an Executive Coach and Strategic Change Consultant specializing in helping mid- to senior-level leaders remain relevant in today's constantly-changing business environment. She believes that change is the new normal and to leave a strong legacy, leaders must reconcile their personal and professional values with today's norms, and, further engage with the newer generations to both mentor and learn from them.

### **Questions:**

- As the last of the Boomers (individuals born between 1946 - 1964) prepare to leave the workforce, what specific challenges are they facing and how are they overcoming these challenges?
- We've heard for years about the conflicts and issues specific to four (now five) generations in the workforce - what has changed in this dialog since COVID and remote work?
- What is "Reverse Mentoring" and why is this important in today's business environment?
- How can busy executives stay up to date on technology change - at least up to date enough to make wise business decisions?
- What are the five most important actions executives need to take now to ensure that they leave a lasting and positive legacy for themselves and for their businesses?

CONTACT INFORMATION

