

Julia Rogers Bio

Julia is an ICF certified coach at MCC level and a senior practitioner with the EMCC. She holds a Bachelors degree in Communication Studies and a Masters in Psychoanalysis (with distinction), both from the University of Kent. She has been formally coaching for the last eight years, achieving over 2,500 hours of coaching experience. Julia is an accredited (EMCC) qualified coaching supervisor and has a busy private supervision practice, alongside her coaching practice, working with experienced and newly qualified coaches alike.

Julia's expertise in coaching and supervision is built mainly on self and professional development, conflict resolution, relationship building, cross- cultural awareness and leadership style. She views both coaching and supervision through a psychodynamics lens. Julia feels that this is a vastly untapped resource for coaches and supervisors alike, with much to learn from Freud and other psychoanalytic theorists.

Julia is the Coach Training Director at Optimus Coach Academy, a position she has held since October 2021. Optimus is a UK based leading ICF provider of Level One and Level Two accredited coach training programmes to students across the world. Julia delivers coach training, mentors and assesses students, and provides group supervision for alumni. She speaks regularly at in person Optimus events for their students and alumni. Additionally, Julia manages the training team and the student experience. Julia has written and delivers CCE courses accredited by the ICF – mainly relating to how the fields of psychodynamics and coaching can be linked. Julia designed the coaching supervision programme for Optimus and which has been accredited by the AC and is working towards accreditation of this with the EMCC. The ICF have already awarded the course 120 CCE units (over 3 modules).

Julia also writes and delivers workshops for companies on topics such as anxiety management and diversity in the workplace.

Julia held a variety of leadership positions prior to becoming a certified coach and supervisor and has been responsible for delivering multi-faceted programmes throughout her career. This included many years managing social care services for community mental health services. As part of this role she both received and provided several hundreds of hours of supervision. She has and continues to coach a number of executives from both profit and non-profit sectors across multi-industry backgrounds. Her supervision clients range from internal coaches working in large multinational organisations, to independent coaches working in complex situations with a variety of clients.