



# Julie Orlov

Speaker  
Author  
Psychotherapist  
Relationship Builder

Building Strong and Intimate Relationships

**JULIE ORLOV, MAOL, MSW, LCSW**, author of *The Pathway to Love*, draws on more than 25 years of experience as a psychotherapist, executive coach, speaker and consultant to show how your relationships hold the key to unleashing your personal power, freedom, and well-being.

A sought-after speaker, facilitator, and agent of change, Julie uses the art of storytelling to bring her concepts to life in a way that is engaging and life-changing. Participants take away concrete communication tools that can be used immediately to improve their relationships at home and work and gain a deeper understanding of themselves and the significant people in their lives. You'll leave her presentations inspired and motivated to navigate your relationships successfully toward a life filled with joy, love, health and well-being.

Julie has been featured on radio and television, and continues to be a contributing writer. She holds a master's degree in organizational leadership from Chapman University, a master's degree in social work from University of Southern California, and a bachelor's degree in psychology from University of California, Los Angeles.

*"Julie Orlov is a talented facilitator, diagnostician, teacher and agent of change. She provides a forum for active participation, for real-time information processing and for discussing issues that participants face in their current work environment . . ."*

—Louise Langerud, LMFT, Director of Training, Clinical, and Quality Management, Life Steps Foundation

## FOR MORE INFORMATION

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## PRESENTATIONS: OFFERED AS KEYNOTES, WORKSHOPS, BREAKOUT SESSIONS, RETREATS

### ☛ *The Pathway to Love: Create Intimacy and Transform Your Relationships through Self-Discovery*

In her dynamic, keynote presentation, Julie Orlov reveals how relationships grow from beginnings to true intimacy in four phases. She will not only empower you to create the relationship you want but demonstrates how your relationships mirror what you need to see, thereby providing the perfect conditions to heal, grow, and transform.

### ☛ *Turning Conflicts into Powerful Solutions*

Conflicts are part of life—and part of relationships—but when you're in conflict with someone, it often turns into a power struggle, anger, and disconnection. Conflict offers us many gifts—things to learn about ourselves and the people we live and work with. Understanding the nature of conflicts enables you to transform them into opportunities for creative problem solving and effective relationship building. Using Julie's unique STOP, LOOK, and LISTEN method, you'll learn how to create trust, creativity, and connection from conflicting moments.

### ☛ *Reclaiming Your Power*

Success comes from making decisions and taking action from a place of power, and genuine power is created by establishing healthy boundaries. To accomplish this, you first need to identify the values, needs, and goals that comprise your boundaries. This presentation is highly participative, and you'll learn a specific process for "Reclaiming Your Power."

### ☛ *Communicating From Intention*

One of the basic components of creating relationships that work is your ability to communicate effectively. Everyone wants to be heard and understood, but it's easy to get caught up in power struggles and fighting over "the right to be right." In this breakthrough talk, Julie shows how to focus on what you want to convey and what results you want to produce before you speak, especially when it comes to important discussions. You'll learn why your intentions must always lead the way, regardless of what words you choose. Whether you are relating to someone at work, at home, or in your greater social community, learning to communicate from intention is a must!



## PARTIAL LIST OF SPEAKING CLIENTS

The Los Angeles Times  
 Behavioral Health Services  
 American Medical Response  
 The City of Los Angeles  
 County of Los Angeles, Department of Public Works  
 LifeSteps Foundation  
 American Society for Training and Development  
 Redondo Beach Center for Spiritual Living  
 KindredSPIRITS

## PUBLICATIONS

Julie's books include: *The Pathway to Love: Create Intimacy and Transform Your Relationships through Self-Discovery*, *The Pathway to Love Workbook and Guide*, and *The Pathway to Love Audio Guide*.



Discover the secrets to creating more understanding, acceptance, and love in your relationships. Through the art of storytelling, Julie Orlov reveals how relationships grow from fantasy to real love in four phases. The book not only empowers you to create the relationships you want but demonstrates how your relationships mirror what you need to see, thereby providing the perfect conditions to heal, grow, and transform.

In *The Pathway to Love* you will learn to:

- Distinguish real love from fantasy and recognize the different ways we express and receive love
- Understand the issues and gifts inherent in each phase of your developing relationship
- Transform your reactions into understanding and acceptance of yourself and others

## PRAISE FOR THE PATHWAY TO LOVE

*"Insightful, practical, heartfully and psychologically sound, The Pathway to Love provides the steppingstones to creating genuine love in your life. It is a must-read for those who value honesty, authentic commitment to self and others, and appreciate relationship as a vehicle to self-actualization."*

—**Michael Bernard Beckwith, author of *Spiritual Liberation: Fulfilling Your Soul's Potential***



*"The Pathway to Love, for those who did not experience love as a child and fear relationships, is a journey of self-discovery. You will acquire a whole new appreciation for who you are and what you can bring to your relationship with yourself and others."*

—**Bernie Siegel, M.D., author of *365 Prescriptions for the Soul* and *101 Exercises for the Soul***

*"Dr. Orlov shows us the keys to the next door to intimacy with the encouragement that self-discovery will be the ultimate prize."*

—**Melanie Chartoff, actress, writer, [melaniechartoff.com](http://melaniechartoff.com)**

*"Orlov presents a developmental model of the pathway to love in a way that is informative and trains the reader how to take charge of developing a love relationship from its present phase to its best outcome."*

—**Shahin Sakhi, MD, PhD, clinical faculty, UCLA Neuropsychiatric Institute, and President, Grex, Group Relations**

*"Julie Orlov's presentation style is energetic and engaging—she gets the audience involved so that her suggestions and direction can be tailored to the needs of the audience she is trying to reach."*

—**Karen Holt, Bezaire and Associates**

*"Julie is an elegant speaker who gives good practical advice on all kinds of relationships. Her years of study and practice are apparent in the content of her talk and her delivery is very professional. I would highly recommend Julie . . ."*

—**Bev Conover, Church Administrator, Redondo Beach Center for Spiritual Living**