



WEL AMERICA 2024

3rd MILLENNIUM WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, MANAGEMENT POSITIVE PSYCHOLOGY, MENTAL HEALTH CONFERENCE (EDITION 4)

MAY 03-04, 2024 | Holiday Inn Mississauga Toronto West,
Mississauga, ON, Canada



What is Self-Worth?

- It's the quality of a person or thing that lends importance, value, merit, etc., and that is measurable by the esteem in which the person or thing is held.
- It's the sense of one's own value or worth as a person.
- Cannot be measured by external factors such as wealth or status.

5 Tips For Cultivating Self Worth:

- Focus on your strengths
- Practice self-care
- Set boundaries
- Practice self-compassion
- Surround yourself with positive people

6 Reasons For Not Discounting Your Services

- Perceived Value
- Quality Perception
- Expertise & Experience
- Business Reputation
- Undermining the Industry Standard
- Building
- Trust

Biography

Dr. Julie Tran-Olive, ND, L.Ac, is a renowned naturopathic doctor, author, and researcher dedicated to a holistic approach to healing. Born and raised in San Jose, CA, Dr. Tran-Olive developed a passion for the field of psychology early on. She pursued her undergraduate studies at The University of Redlands in CA, earning a BA in Psychology. During her time as an undergraduate, Dr. Tran-Olive interned at the Loma Linda Behavioral Medical Center, where she served as a Behavioral Health Specialist. It was during this experience that she realized the importance of holistic healing and the need to explore alternative avenues for well-being. Inspired by the idea that healing involves more than just altering brain chemistry, Dr. Tran-Olive decided to embark on a career in naturopathic medicine. She believed that addressing the whole person—body, mind, and spirit—was essential for true

STOP DISCOUNTING! YOU ARE NOT ON CLEARANCE: EXPLORING PERCEPTIONS OF SELF-WORTH.

Dr. Julie Tran Olive

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healing. Driven by this philosophy, she traveled to Bridgeport, Connecticut, to pursue her doctorate in Naturopathic Medicine and two master's degrees—one in Human Nutrition and the other in Acupuncture—from the University of Bridgeport. Deepening her commitment to the concept of food as medicine, Dr. Tran-Olive trained under the guidance of Dr. Peter D'Adamo, ND, the author of the New York Times Bestseller, "Eat Right for Your Type" (The Blood Type Diet), at the prestigious D'Adamo Clinic. During her time there, she also became a Fellow of the Institute for Human Individuality (FIFHI), further expanding her knowledge and expertise. After extensive study and training, Dr. Tran-Olive returned to her hometown of San Jose, CA, where she completed her Masters of Traditional Chinese Medicine (TCM) from Five Branches University. She integrated the principles of TCM and acupuncture into her practice, enriching her ability to provide comprehensive care to her patients. As an avid researcher and clinician, Dr. Tran-Olive is passionate about staying up to date with the latest treatment methods and sharing her knowledge with patients. She has authored numerous articles and is the author of the eBook "The Best Book on Naturopathy," a comprehensive guide for aspiring naturopathic doctors. Dr. Tran-Olive's passion and expertise have earned her recognition as an international bestselling author. She is a featured author in "Asian Women Trailblazers Who Boss Up," a book that celebrates the achievements of inspirational Asian women. Additionally, she authored "Acupuncture Awakenings," a powerful resource that explores the origins, principles, and benefits of acupuncture and Traditional Chinese Medicine, highlighting their potential to promote holistic health and well-being. Dr. Tran-Olive's impressive educational background and dedication to holistic healing have earned her several certifications and affiliations. She is NCCAOM certified (National Certification Commission for Acupuncture and Oriental Medicine) and holds the title of CNS (Certified Nutrition Specialist) from the CBNS (Certification Board for Nutrition Specialist). Furthermore, she is a Fellow of IfHI (Institute for Human Individuality). Dr. Tran-Olive is an active member of various professional organizations and associations, including the American Association of Naturopathic Physicians (AANP), where she serves on the Diversity, Equity, and Inclusion (DEI) Committee and the Science Affairs Committee. She has previously served on the Board of Directors for AANP. She also serves on the DEI Panel for Business Networking International (BNI) USA. She is a member of ASDAH (Association of Size Diversity and Health), Food As Medicine Global (FAMG), CSOMA (California State Oriental Medical Association),