



*Coach
with Jules*



Testimonials for Coach Jules

#1

Here is what I know about Jules: she has an ability to disarm any nerves about sharing past stories and longing desires ... and while that may be her 'job', the truth is, it is rare to find people that are engaged fully to where you are comfortable with such vulnerability... especially so quickly. Most people can't generate this connection in a lifetime of friendships, let alone over Zoom with a stranger in three one-hour sessions. Simply put, she makes you feel both heard when speaking and worthy of life's wonderful blessings, and she peppers her listening skills with humor, wisdom, kindness, and genuine excitement for your future! She really does have a true gift of connection, and I sincerely do not want our sessions to end; it has been both lovely, funny, refreshing, and all kinds of goodness to chat with her. She is 100% good people and I feel blessed that she was my coach!

Three takeaways that I learned about myself a result of our work together are:

1. I like to be funny, but I am also serious. When I wrote my initial profile she came back and gently stated, "while I think that is you--it doesn't capture the fun/funny side of who you are". It got me to thinking that I maybe go 'all in' on the serious-side of my traits when I start relationships, and that maybe I need the fun/funny side to be the foundation of what attracts someone... then let them see my multitudes naturally over time spent and conversations had. (Ha!)
2. I loved the approaches to conversation starters; the whole 'finding out about them without asking direct yes/no or leading questions'. I am

fascinated by how others connect and communicate, so it definitely made me reflect on how I generate conversations with people--in fact, I have a new coworker that started on Monday and I used these techniques to get to know her more! #success

3. I learned [am learning] not to dim my light. I don't have to be less professionally or personally to gain more privately. Sometimes my successful single friends and I joke that we 'must be overqualified' which is why we are single at this point, but I believe the right person is out there and we can complement each other's goals and desires without entirely changing who we are by giving up on the most important parts of our life. Sure, give and take is a natural part of a relationship, but I don't want my chronological age to make me feel like I need to settle.

Honestly, it was fun just to chat about me! Ha. I know that sounds conceited but where else (besides therapy!) does someone make you the focus. I think the only thing that surprised me was how quickly the time went by with each session...when I was ready to start my first session, I thought it would be a boring hour of going over likes/dislikes--but Jules eased in by asking me to tell her about things...and before I knew it we were laughing and I was sharing stuff and the hour was over.

Jules is a gem. In three sessions I legitimately found someone I want to be friends with. She is funny, kind, honest, and downright endearing. She has a charisma that even a screen cannot diminish--love, LOVE, connecting with her and know that she sincerely heard me, captured who I am for the matchmakers, and is excited to see my story unfold!

- **Danielle – Washington, DC**

#2

Jules takes deep emotional issues and translates them into operational dating advice. She provides constructive criticism in a way that doesn't feel threatening or disrespectful. In times when you do make mistakes and either say or do something wrong or disrespectful, she quickly draws attention to it. In these circumstances she provides an opportunity for you to learn, reflect and recognize any errors in judgement, and at the same time gives you the space to make your own choice to decide as to whether or not you

perceive it as disrespectful. This uncanny ability to provide the client with the opportunity to self-actualize makes the sessions with her invaluable. Going into this process I did not know why or if I needed a coach. I went along with it because JoAnn told me to. But after the sessions that I have had with Jules, it has empowered me to realize what it is that I am looking for in my partner.

Through our work together, I learned that my non-judgmental nature may actually be judgmental. By extension, my "live and let live" attitude, may be viewed as frustrating or insincere and could potentially be an impetus to enter into an abusive relationship. I enjoyed learning about "statements of invitation", and although initially I did not understand them and felt that they were forced, I have already applied them to work relationships and am excited to use them on future dates. I recognized that in an effort to impress, I can overshare my accomplishments at first, and this can be a turn off and is also not a cool thing to do. I understand that I try to hide my insecurities by being gregarious and telling stories, when oftentimes all that someone really wants to do is to get to know me and realize that they are being listened to and heard.

Each session was very different. I enjoyed the evolution of the relationship, in particular how trusting it became. The first session was hard, the second session was fun, and the third session was uncomfortable but in a constructive way. The third session was the best and rounded out the experience and gave me the insight to enter the next stage of this process. Jules is just great. From start to finish, she was excellent. She is clearly very invested in her clients, appreciates the impact and significance of her role, and is incredibly professional.

- **John – Salt Lake City, UT**

#3

My coach was the absolute best! Approached as a friend, felt like I've known her for years and it was only a few hours I spoke with her. Makes it so easy to open up to her. Her insights are unbelievable, she brought up things I wouldn't have even thought about. For example, in our last session. Jules brought up how to phrase questions to be more open ended and not interrogative in nature. Little things, that can make and break a first

impression. She called me out on things that I need to work on, like making the other person feel like a priority. I needed that!!! Jules is so insightful with her knowledge, I hope to have a lasting and meaningful relationship with someone like she has with her husband. She is incredibly inspiring and such an admiration to every woman worldwide. She has restored my confidence, hope and faith that there are good men out there. She has made a difference in my life and has helped coached me to finding my soulmate. I cannot thank her enough. And this girl does it with a smile on her face, you can tell how much she loves her job and that makes all the difference. She is really that good at her job. Clearly, I'm not the writer Jules is, so my thoughts maybe all over the place lol.

Lastly, I wanted to say I am sad to be leaving Jules and wish she had more of a role moving forward in my matchmaking experience. We've made such a good connection/team, that she knows me after spending so much time with me. I am hoping that my matchmaker will consult Jules into my matches, and I hope Jules can look for matches for me. She knows exactly what I'm looking for and what I need in my life. The worksheets and handouts she gave me to do were geared to exactly what I needed to work on. I hope this isn't goodbye to my coach. I hope to stay in contact.

Three of the specific takeaways I learned about myself are:

1. Working on making sure your partner is a priority in a relationship
2. Phrasing questions to be more open and not interrogative in nature
3. Boundaries but being able to be open up to someone, not be so closed off.

I loved the knowledge of my coach (btw love love love her book!), yes I will follow Jules Rules for sure :) Girl is a miracle worker. What surprised me was how much I could learn about dating and what I can change to be more successful. I have been so happy thus far with my sessions with Jules and I'm excited to get started!!

- **Gabriela – King of Prussia, PA**