

MAGIC HOUR PODCAST

CREATIVE PODCAST BY UNICORN MARKETING CO.

Julia Guz | Ep 18| Show Notes

Introduction and Background of Julia Guz

- Julia Guz is introduced as the founder of JG Operations and Dragon Heart Healing.
- Julia's journey in the fast-paced world of web three, scaling from the youngest and only woman on the team to head of operations and business development in two and a half years.
- Julia's commitment to personal growth and wellness led her to launch Dragon Heart Healing, focusing on energy healing and spiritual wellness.

Julia's Multifaceted Businesses and Personal Philosophy

- Julia shares her desire to empower others through her diverse businesses.
- JG Operations focuses on working with startups to implement effective systems and processes while scaling business growth.
- Dragon Heart Healing is dedicated to uplifting women, especially, through energy healing and spiritual workshops.
- Julia emphasizes her love for business and leadership, as well as her spiritual and wellness side.

Challenges and Insights from Web Three Space

- Julia discusses her initial resistance to web three and crypto, driven by uncertainty and fear.
- She shares her intuition and curiosity that led her to pursue opportunities in the web three space.
- Julia explains the purpose-driven aspect of web three, removing middlemen and allowing individuals to own their assets.
- She highlights the impact of web three on countries with hyperinflation, providing a way to offset currency devaluation.

Navigating Challenges in Web Three and Personal Growth

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- Julia recounts a pivotal moment in Nigeria where she had to lead a web three workshop despite a team member's absence.
- She describes the pressure and self-doubt she faced but ultimately found confidence and success in delivering the workshop.
- Julia emphasizes the importance of self-belief and strategic action in overcoming fear and challenges.
- She shares her belief in the value of web three in providing solutions for countries facing economic challenges.

Balancing Business and Spirituality

- Julia discusses the importance of embracing her multifaceted nature and integrating her spiritual side into her business.
- She shares how her spiritual practices, such as meditation and energy healing, have influenced her leadership and personal growth.
- Julia emphasizes the value of being true to oneself and allowing different aspects of oneself to flourish.
- She highlights the importance of versatility and the ability to explore various interests and careers.

Practical Advice for Women in Leadership Roles

- Julia advises women in leadership roles to balance their personal wellness with career demands.
- She introduces the concept of the "Wheel of Life" from the book "The Artist's Way" to help women assess and balance different areas of their lives.
- Julia emphasizes the importance of play, creativity, and allowing oneself to receive and be fulfilled.
- She shares practical tips for incorporating spiritual practices into daily life to enhance personal and professional growth.

The Power of Authenticity and Intention

- Julia discusses the importance of authenticity and intention in business and personal life.
- She shares a powerful exercise for being honest with oneself and identifying areas for growth and change.

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- Julia emphasizes the value of taking action and being practical while also allowing for spiritual growth and self-awareness.
- She highlights the importance of being true to oneself and sharing honestly with others to attract like-minded individuals.

Incorporating Spirituality into Business Approaches

- Julia explains how her spiritual practices have influenced her leadership and business approaches.
- She shares the importance of groundedness and calmness in the face of chaos and uncertainty.
- Julia discusses the role of intuition and energy in making business decisions and leading teams.
- She emphasizes the value of spiritual practices in enhancing creativity, problem-solving, and overall well-being.

Embracing Unconventional Paths and Personal Growth

- Julia advises those feeling out of place or struggling to find their authentic path to embrace their journey.
- She encourages embracing different aspects of oneself and recognizing the unique talents and strengths.
- Julia shares the importance of celebrating wins and focusing on what brings joy and fulfillment.
- She emphasizes the value of self-reflection and asking oneself what one would do if given a limited time to live.

Final Thoughts and Gratitude

- Julia expresses gratitude for the opportunity to share her wisdom and experiences.
- She reflects on the importance of consistency and the desire to give in creating and maintaining the podcast.
- Julia emphasizes the value of embracing imperfections and allowing oneself to grow and learn.
- The episode concludes with a message of encouragement for listeners to embrace their unique paths and talents.