

Dr Julie



Julie Bell, PhD

Julie Ness Bell, PhD is the founder and president of The Mind of a Champion. She has worked with a variety of individuals, teams and organizations to improve their Performance Intelligence™ - a concept she developed to help individuals and teams deliver their best performance when it matters most.

Dr Julie earned her Bachelor of Science in Psychology from Oklahoma State University and a Master and Doctorate of Sport Psychology from the University of Virginia, where she studied under Dr Bob Rotella. Her book, Performance Intelligence at Work, was published in 2009 by McGraw-Hill. Combining 20 years experience as an entrepreneur with lessons from coaching top athletes and executives, Dr Julie is able to coach her clients to move to the next level through executive coaching, leadership development coaching, keynote speaking and workshops.

“At an elite level, whether in sports or business, the difference in skill is minimal. I find that mental toughness is what separates CHAMPIONS from occasional winners. “