

Julie Sanders is a Life Coach at Triumph Services. Julie received her Bachelors of Science Degree in Psychology at the University of Montevallo. Julie was born in the Birmingham area, but spent her childhood moving around while her father worked his way up through the military ranks. Julie returned to the Birmingham area in 1996 when she started her own family. Julie has a 20-year-old son who is visually impaired and is on the Autism Spectrum, as well as a free-spirited 17-year-old daughter and a wildly entertaining 7-year-old daughter. Julie is inspired every day to give back to her community in the same way the community gave to her while raising her son who faced so many challenges. Now that her son is a thriving adult, Julie seeks ways to help others thrive into their adulthood.