

Meet Julie Lopez, CEO & Human Systems Expert at Dr. Julie Lopez LLC

Jim Ries: [00:00:00] Hello and welcome to Java with Jim. I'm Jim Ries, Director of Business Development at Offit Kurman. Joined here today with Dr. Julie Lopez, CEO and human systems expert at Viva Partnership, and Dr. Julie Lopez. Julie, how are you today?

Julie Lopez: I'm doing so great. Always great to see you, Jim, and especially you wore your my favorite hat.

Jim Ries: Oh, of course.

Julie Lopez: I don't know if it's just for me, or you wear it with all your interviews.

Jim Ries: All- all my favorite people. Well, thank you so much. Great to see you. So Julie, tell us about Viva Partnerships and your Dr. Julie Lopez practice. Tell us about your roles there and from your perspective, what makes these companies unique?

Julie Lopez: So we are basically working to bring the same type of scientific advancements in both companies.

It's just one is direct service, which is Viva Partnership, and the [00:01:00] other is an educational arm, the Dr. Julie Lopez brand. And basically, what this life-changing science is all about is about our unconscious and how it holds these very special keys to change in mood, to change in behavior, to change in life.

That's the-

Jim Ries: Wow

Julie Lopez: simplified version.

Jim Ries: Yeah, well listen probably lots of people watching this probably don't know you, but I have to share that if we all had your mood and your positive energy, we'd be a lot happier. 'Cause you got great positive energy, and you're always upbeat. So whatever you're doing for everyone else, you're doing it for yourself and it's working.

So-

Julie Lopez: Thank you so much ...

Jim Ries: congrats for the wonderful work you do. So, um-

Julie Lopez: I appreciate that. Jim, can I jump in just for one second?

Jim Ries: Yeah, yeah.

Julie Lopez: Cause I happen to know one of your questions is about something that people might be surprised to hear about me, and there's this... You teed me up for it really [00:02:00] nicely with your comment.

And that is that I had a very traumatic childbirth, my own, and it totally changed my life and fried my nervous system, and that was that I was given away by my young teen mother, and I spent the first few months of my life in an orphanage. And most people would be surprised to hear that because of what you just said.

I'm upbeat, I treat each day as a blessing, I see the positive in things. But my nervous system was actually oriented to see the negative in things, to be wary of danger or of being, cast away in some way. So the stuff that I do in both companies is actually driven by that early experience and my relentless pursuit of understanding the way the human system is stacked, such that other people can move into the most prosperous versions of themselves.

[00:03:00] So anyway, I wanted to... I was... I know you have a certain order, but I was like, "Oh, you just teed me up-" "... perfectly for that question."

Jim Ries: I'm so happy that you preempted that question, and the timing was perfect, and thank you for sharing your vulnerability and your story with us. So Julie, when you think about these two companies that you have and the work that you do, what are you most proud of and why?

Julie Lopez: Changing lives, 100%. The type of work that we do, which is all leveraged around the latest advancements in brain-based therapeutics, body-based therapeutics, and expressive therapeutics, really change lives. And not in the slow, hard way that people think of when you think about mental health or therapy. We literally see medical changes in a human being by taking down their stress load.

That's what all my clinicians are doing in Viva Partnership, which is based in DC, Maryland, and Virginia, and that's what our programs are [00:04:00] doing through Dr. Julie Lopez and the Breakthrough Academy. And that's what I'm the most proud of, is changing lives, seeing people get out of loops that they've been in, self-sabotage, feeling trapped, and that is hands down the thing that I'm most proud of.

Jim Ries: Yeah. And by the way, you just mentioned the word stress, and I know from my own knowledge and education that stress is something that people don't realize is such an awful, awful thing and just changes our e- everything that we do. And stress is a quiet killer. It's awful.

Julie Lopez: That's right. I was gonna say, it's been coined the silent killer because of-

Jim Ries: Yeah

Julie Lopez: ... the statistics of what it does to our medical condition, to our, blood pressure, to our ability to metabolize food, to our inflammation, which causes a whole host of different types of inflammatory conditions.

And we've seen the... we have the ability to reverse [00:05:00] that.

Jim Ries: Wow. That's amazing.

Julie Lopez: And not, people get stuck. Sorry, sorry. People get stuck 'cause it's intellectual. They're like, "I think this. I know this is logically true, so it should change what's happening on a cellular level," and it doesn't work that way.

Jim Ries: Yeah.

Julie Lopez: So anyway.

Jim Ries: No, amazing.

Julie Lopez: But- We're gonna keep with the five minutes. Go, Jim. Go on.

Jim Ries: Yeah. Here we go.

Julie Lopez: Give me another question. I could keep talking.

Jim Ries: Last question: W- what are you most excited about heading into the next six months or so?

Julie Lopez: Okay. I'm so excited. We are literally in the inaugural Breakthrough Week for my Breakthrough Academy.

I mean, it launched a year and a half ago, but we are starting to bring the science to organizations. So we have an organization that we're working with. They have purchased a licensing agreement for all of their clients in order to access this powerful academy and portal, and we're kicking it off with the Breakthrough Week right now.

And what it is bringing that science to regular, everyday people. It's like a self-empowerment, [00:06:00] "Hey, I'm gonna use some of this for myself." It's now in a B2B space, so it's, like, under the HR wellness initiatives, and it's going really well. People are super pumped, and I'm excited for the future that can bring with a bigger reach and being able to touch and change more lives.

'Cause we believe healthy people create healthy organizations, and healthy organizations can change the world.

Jim Ries: Absolutely. And one Of our favorite terms these days is culture, and you just described it. It's healthy people doing good things for good companies. Yeah. And that can change the culture of a company-

Julie Lopez: Totally

Jim Ries: and the culture of an industry, for sure. Well, listen, you answered my fourth question already because I guess I teed it up for you in your words. Is there anything else you'd like to

share with the listening audience? Maybe something about you that most people watching this wouldn't know about you?

Julie Lopez: Well, I shared it already, but this is what I would love to leave [00:07:00] people with. No matter what's going on, no matter what impossible situation you might- feel you're in, relationally, even with the way that you are experiencing yourself, like racing thoughts or looping whatever, or especially the things that are frustrating where you're like, "I know that I should totally kill it in this board meeting, and yet somehow my throat is closing up or I'm stumbling over my words."

My only message is you're not broken. Your body is set some way internally that's sabotaging what you want, and there is a very fast, very quick way to change that by leveraging the science of our unconscious. That's my parting message.

Jim Ries: All right. Well-

Julie Lopez: That, and I love your hair, Jim.

Jim Ries: Oh, thank you. What a wonderful message that is.

Well, Julie, thank you for spending time with us today and sharing so much about the work you do. It is amazing. I hope people reach out and want to learn more about it, 'cause there's great stuff there for sure. I hope to see you soon also [00:08:00] somewhere, sometime. All right.

Julie Lopez: Yes, please.

Jim Ries: Take care. Thank you. Bye.

Julie Lopez: Bye, Jim.