

## “COACH JAY” JULIA PAULS

Bio: Julia “Coach Jay” Pauls - founder CEO and Managing Director of the End Recidivism Project Extreme - she was born in raised in Roanoke Virginia and ended Shaw University in Raleigh, NC where she majored in English and minored in communications. And leaving her alma mater she ended National Business college and then she started doing what she loves in the workforce..helping people, she brings 25+ years customer service & office managerial skills to the table.

In 2013 her being diagnosed with high blood pressure, type 2 diabetes, high cholesterol and in danger of kidney renal failure, on a series of 16 pills and the diabetic lans shot she set off on the journey of a life time. Doing a lot of research and finding healthy products to assist her on her Journey she lost 72 lbs and all the medicine. She became “certified” in life, health and wellness and coaching and taking her journey to another level she opened Take Charge Wellness Center Extreme in 2014 coaching executives, teachers, authors, pastors, ministers and other entrepreneurs in our community; assisting them on their journey to achieve total wellness as she continued on hers. “It’s what keeps me going on my journey she says...knowing I have people watching and depending on me.” 3John 2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

In late 2017 she was awoken with a word from God saying we have to do something to help with recidivism. She got up and looked up the word recidivism and it’s definition brought her to tears: “a tendency to relapse into a previous condition or mode of behavior especially: relapse into criminal behavior.” Usually within a three year period of me.”... It had been happening to her family and friends for years and one of the major reasons she moved to Florida to get break the vicious cycle.

Being obedient she got a 501C3 certificate for non for profit and started the End Recidivism Project Extreme. She had always done her part to assist struggling individuals in need to find a job, housing, food and given them rides and now she’s been led to do it on a larger scale. She contacted Sheriff Chronisters office (HCSO) and set up a meeting with Major Farrier, Colonel Perroti , Darlene Hansford, Steve Johnson and Dan Kimmel and they have assisted her in unimaginable ways on her quest to do her part in assisting our returning citizens. Julia regularly attends the Hillsborough Ex-offender Reentry Coalition (HREC) and is a member of Hillsborough Ex Offenders Reentry Network (HERN). She is on the Sequential Intercept Mapping task force (SIM) in Hillsborough county. She became a member of National Association of Blacks in Criminal Justice Association (NABCJA), international Association of Peer Supporters (iNAPS), is a member in good standing with the NAACP and also has her ministers license.

She is a volunteer at the local jails and recently Polk correctional facility. She was a member of Kingdom Faith Life Center in Tampa Florida but has purchased a house and moved the primary location of the End Recidivism Project to New Port Richey, Florida where she now attends Journey Church on Main Street. She has met with quite a few affluent people in Western Pasco and is ready to do her part to assist with reentry in her own backyard. “I am humbled for the task that is given to me by God but I know this is a journey that will take

teamwork.” It will take collaborative effort on each and every citizen to do their part in giving each of our returning citizens a hand up not a hand out. She is grateful for every opportunity to help people grow and reach their God given potential: quoting Jeremiah 29:11 For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.