

A stylized, handwritten signature of Julia Graeter in black ink.

WHALE WOMAN | THOUGHT LEADER
VISIONARY | SPEAKER | FOUNDER & CEO



“WHALES ARE THE WELLNESS ADVOCATES OF THE PLANET”

– Julia Graeter

Julia Graeter is a Visionary & Thought Leader in WHALENESS,
Founder & CEO of we.are.tohorā and International Keynote Speaker.

Born in Germany and now residing in New Zealand, Julia has dedicated her life to marine conservation, blending science, creativity, and activism. She is an Experience Designer, Whale Researcher, Marine Mammal Medic, Wildlife Photographer, Committee Member of Māui & Hector's Dolphin Defenders and Ocean Advocate. She has worked hands-on with both live and deceased whales.

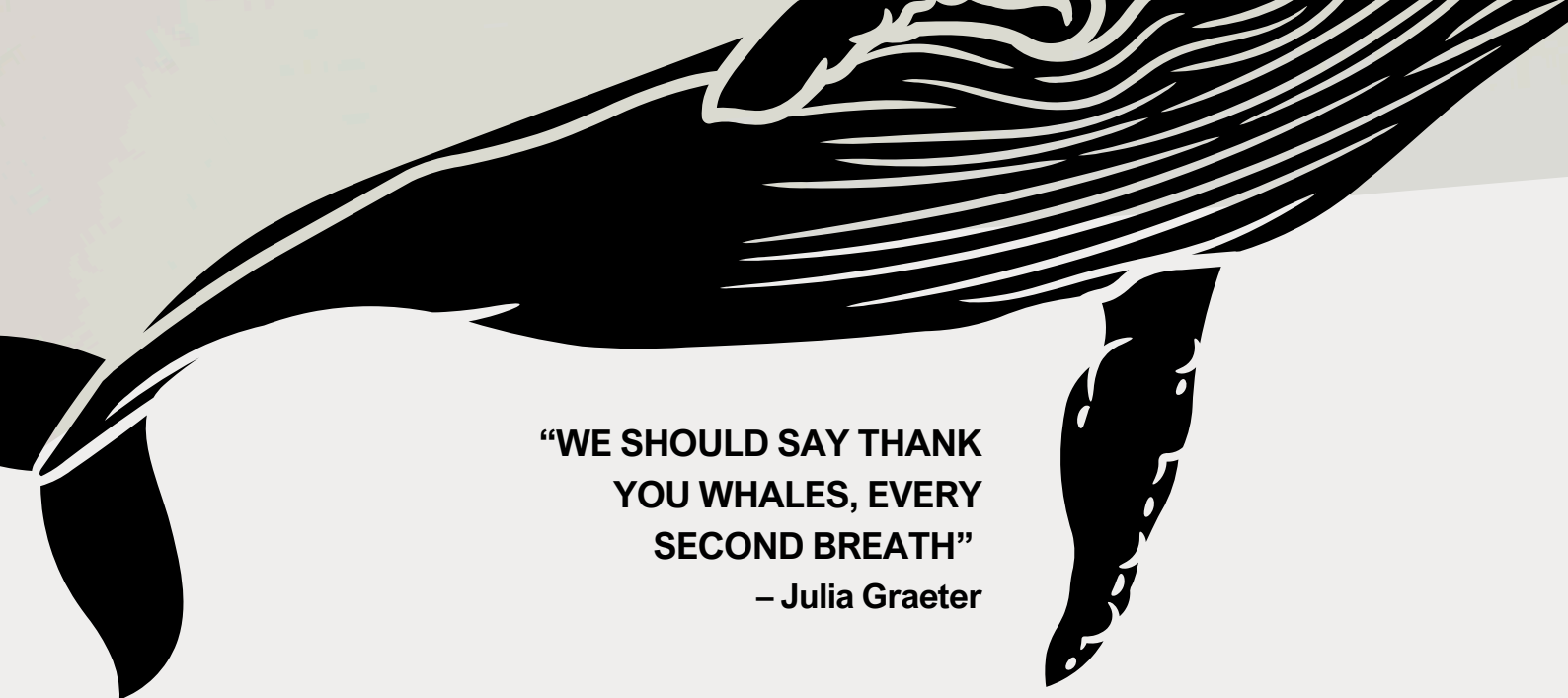
Julia is an engaging and impactful speaker, known for inspiring audiences with her unique perspective on the connection between whales, planetary health, and human wellbeing. She brings to life the awe of encountering the ocean's gentle giants, the urgency of conservation efforts, and the resilience needed to drive meaningful change — from founding Clean Up Munich to tackle urban pollution to spearheading global ocean initiatives.

Having collaborated with scientists, conservationists, and community leaders, Julia offers keynotes, workshops, and mentoring programs that spark curiosity, ignite action, and empower individuals to rethink their relationship with the natural world.



JULIA GRAETER

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**“WE SHOULD SAY THANK
YOU WHALES, EVERY
SECOND BREATH”**

– Julia Graeter

The concept of WHALENESS

How whales make us happy and the planet thrive

Unlock the deep connection between whales, human wellbeing, and the health of our planet. Whales are not only the giants of the ocean, but their presence and behavior have the power to elevate our mental, physical and environmental health. From the ancient wisdom of their migratory patterns to their role in ecosystem health, whales inspire awe, joy, and a deeper understanding of our place in the world. This session explores how the concept of "whaleness – wellbeing created by whales for people and the planet" enhances our personal wellbeing, fosters a more sustainable future and reminds us of our shared responsibility.

In this transformative and engaging session:

1. Uncover how whales improve human mental and emotional health through connection to nature
2. Discover how whales help us breathe
3. Learn how the conservation of whales and marine life positively impacts planetary wellbeing

Testimonials

"I have just heard Julia speak on stage today about Whaleness. Inspiring, transformational - what a great speaker. If you are looking for the next speaker on your stage, you gonna have to check out Julia, because her talk on Whaleness, where she combines protecting both the whales and peoples wellness is absolutely remarkable and you won't be disappointed."

Craig Johns | CEO of Speakers Institute Corporate

The Whale Way

Mastering the art of conscious breathing

Dive deep into the transformative power of conscious breathing, inspired by the majestic whale. Whales, as conscious breathers, offer us a profound lesson in mindfulness and breathwork. Unlike humans, who often breathe automatically, whales breathe with intention, surfacing to inhale and dive to exhale, mastering the rhythm of life beneath the ocean's surface. The Whale Way reveals how these giants of the ocean teach us to breathe with purpose, fostering clarity, calm, and connection. This session explores the art of conscious breathing — how it can enhance our physical health, emotional balance, and overall sense of well-being.

In this insightful and restorative session:

1. Learn how to harness the power of breath for physical, mental, and emotional balance
2. Understand techniques inspired by the rhythm of whale breathing to foster mindfulness and reduce stress
3. Discover how conscious breathing can improve clarity, focus and your connection to the world around you

"I watched Julia speak about Whaleness. It's something that I had never heard before. The power of what she spoke about and sharing her story and how she is combining the wellbeing of whales and the wellbeing of self is honestly so beautiful. I recommend Julia as a speaker."

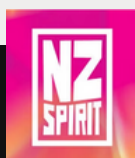
Anna-Liza Mopio Jane | Speaker, Breathwork Coach, Olympian

Create waves where ripples lead to positive change:

Invite Julia to speak at your next event and take your audience on a transformative journey — one where inspiration meets impact.

AS SEEN AT

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Culture and Conservation: Fishing for Change
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