

## Essentials For Change, Wellness Resources



### Why Coaching

If you desire to learn strategies that help you move ahead personally with increased overall productivity...

If learning how to tap into your higher self and live with more meaning and purpose is important to you...

If incorporating a system of setting and achieving goals for our life to create more balance between work and home life is what you crave...

If receiving open, direct, honest feedback that is objective and constructive in helping you keep focused and moving toward your goals sounds inviting...

If learning how to identify and correct negative beliefs and habits that sabotage success doesn't scare you... then coaching may be for you!

### What Is Coaching

Life coaching is an action-solution-oriented process-- concentrating on a forward motion, into the realm of discovering and creating.	Coaching is not just a talk session, where clients air their problems without indication of movement towards a plan or solution.
Life coaches are a new option for those concerned about their lives being slightly askew and are ready to identify and maximize strengths and minimize weaknesses.	Coaches do not tell clients what to do or take responsibility for solutions. Coaching is not the answer for those who are not ready to work for what they want.
Life coaches help people who don't need a diagnosis to live better lives. Coaching clients are everyday, normal people who have their lives together; but realize the value of having somebody to help them think outside the box	Coaches do not, nor are they intend to, step into the realm of therapy — or healing and uncovering (dark places of desperation, loneliness, raged, abuse or fearful circumstances).

Life Coaching is like a bridge...it helps clients **burn bridges** that don't work, it bridges the gap to places clients want to go and it **builds new bridges** into greater tomorrows.

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### Why Coach Gayle

**In Body** All of my life doctors and well-meaning people have lied to me about weight loss. They always said lose weight; then somehow it seemed like everything would be magically taken care of. After trying everything under the sun I found out that diets don't work so I stopped dieting! By the grace of God, I used 5 strategies to lose 107 lbs. without starving, living at the gym, having surgery, buying ready-made foods or taking drugs. And guess what...the answer to my problems was never about the weight! My inner self was conflicted because I did not know who I was and had created behaviors to adapt to what those around me needed me to be. The weight was a byproduct of what was eating me.

**In Spirit** "What doesn't kill you strengthens you". This saying must have been written by someone who never dealt with serious illness. Pain can make you think that you're gonna die. There's a long stretch of time between feeling half dead, taking every drug under the sun, experiencing the greatest sense of loss and power ever...and surviving the illness to be strong or being strong to survive the illness! I'm here today because help came!

Bishop TD Jakes "Woman, Thou Art Loosed!" spoke to my brokenness and all of my fears; he elaborated on the boldness of the women in God's word that came from trials and troubles, into triumphs and faith. I felt like Jesus Christ really knew who I was and that my weakness and struggles would not keep me from God's best. I felt encouragement deep within my soul. Could it be that my faith was the ingredient and I just needed to own the Word? Loosed from poor self-image, loosed from past failures, loosed to express emotions, loosed from a spirit of infirmity, loosed and made whole, loosed to live in the now; oh My God, power from on high.

**In Mind** There was a time when "working" and making money to fill the financial void in my life was what motivated the majority of my actions. I was busy taking care of everyone and everything else. Nobody asked me, "When does "busy" get to be just too busy?" Now I know that, "When you cannot take care of yourself, you're too busy. When you do not even know who you are apart from all that you do, you're too busy." I also know that the Lord really does supply all my needs. When I changed my mind, my life changed and a desire to help others "renew" their minds too.



Essentials For Change are wellness resources that provide education, inspiration and organization for life's challenges. Our life coaching methods offer support in nurturing the physical, emotional, intellectual and spiritual characteristics of women. We promote food, movement, positive mindfulness and inner peace (faith) connections for personal and professional wellness.

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### How To Get Started

Potential clients can use the telephone or Internet, to request a consultation for my services. The consultation is an interview of 30 to 45 minutes to determine if I would be a good partner to help you define and attain a brighter future. After a coaching contract is signed and rates (payment plans available) are established and the orientation (a questionnaire and self-reflection purpose inquiry) completed, sessions begin at one hour per week with a minimum of 8 weeks.

### The Process

Sessions revolve around probing questions to get to the heart of the matter a client is facing. Feedback enables the client to hone in on a precise set of goals. Details are reviewed to establish objectives. Homework (accountability) may include writing in a journal, doing various exercises, reading material which lead to building a "balanced life strategy." Sessions continue with clients reporting on progress with their "action plans."

### Coaching Time Line

Radical changes take time as a person grows into that higher self. Coaching is not a quick fix, but it is definitely quicker than living in agony with resolvable problems. Generally, clients can expect to invest anywhere from 2 to 6 months or more in developing their new patterns of choice.

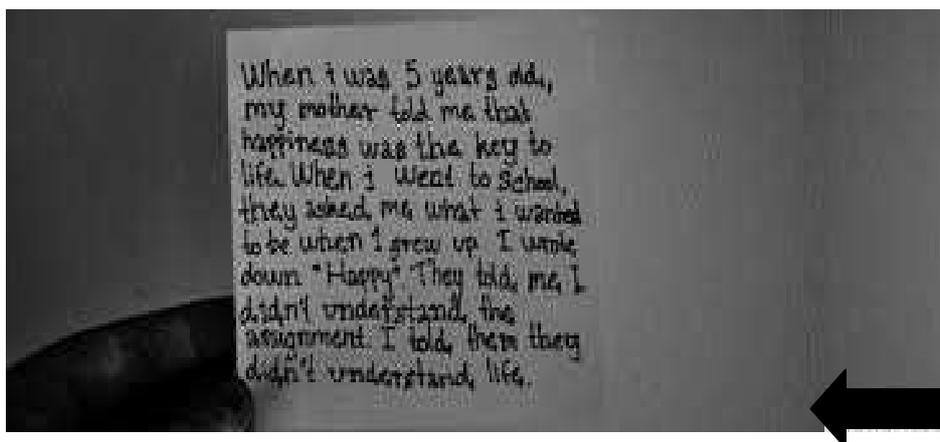
Let's get started today.

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*Coaching is a relationship which assists clients in taking action toward the realization of their visions, goals or desires. It builds awareness and responsibility, provides structure, support and feedback. A process that helps clients define and achieve professional and personal goals with greater ease.*



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