



Meet the Coach: Gail Davis

Coaching has been a part of Gail's life for over 25 years, whether it be working with young moms as the Executive Director of a Pregnancy Support Service or partnering with women entrepreneurs in developing goals & strategies to helping families focus on wellness and prevention.

Gail approaches Life Coaching from a "Holistic Viewpoint" looking at the relationships and balance of Mind (Attitude & Mindset), Body (Wellness, & Prevention) and Spirit (Biblical worldview).

Her credentials include:

- *Certified "Breakthrough Life Coach" through Breakthrough Life Academy
- *Member of The Biblical Coaching Alliance, and The Christian Coaches Network
- * Diploma in Biblical Counseling from CCEF (Christian Counseling Educational Foundation)
- *Trained Wellness Educator
- *Accomplished Speaker and Teacher and Competent Communicator with Toastmasters International.

Are you wondering if Life Coaching is for you?

Let Gail help you find YOUR God-Inspired Purpose, Fullness and DREAMS in life.

"As a Result of COACHING

Clients set Better Goals,
Take More Action, Make
Better Decisions, and More
Fully Use Their Natural
Strengths."

****Call today to schedule**
YOUR FREE
Complimentary Session.**



For Further Information:

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914.610.6719
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Visit us on Facebook:
www.Facebook.com/HisAssociatesCoaching

Life Coaching



Finding Purpose,
Passion,
&
Direction
in
Life

What is Life Coaching?



....It's a process to move you from where you are to where you want to be.

....it focuses on possibilities and looks at where you want to go –much like a roadmap.

Who can Benefit?.... Anyone who wants to change!

What is the Difference from Counseling or Therapy?...Counseling deals mostly with a person's past and trauma and seeks healing. Coaching deals with a person's present and seeks to guide him or her into a more desirable future.

How do I Find Out More?... Visit us on the web and call for Your Free Complimentary Life-Coach Session.

What is the cost?.....we have Custom packages to fit your budget.

“Got a nagging feeling that your life could be more fulfilling? Want to change direction but aren’t sure how to do it? Here’s how to jump start your new life today...Hire a personal coach.”

—Modern Maturity, Jan 2000

Life Coaching can help YOU:

- Find YOUR life purpose & passion
- With Personal Development
- In Life Balance
- With Time Management
- Discover your Unique God-given gifts, Talents & Strengths
- With Confidence Building
- With Stress Reduction
- Find Clarity, Focus and Direction
- Get Unstuck, and Move Forward
- Deal with Self-Sabotaging Self-Talk
- Overcome Obstacles
- Deal with Life's Transitions
- Develop a closer walk with God
- Relationships
- Have Success with Weight Loss



Our Specialized Programs:

A Weight Loss Turnaround with your own personal coach

“Clinically Proven” Program with 24x7

Online support, Exercise Program and YOUR OWN Personal Life Coach

Includes 2 meals/day. Nutritional Supplement, Energizing Tea, Healthy Snack Bars.

Daily Coaching Check in phone calls, and 2 personal coaching sessions/week.

“Break-Through” Life Coaching

Discover your **“Sweet Spot”**; work on your personal goals, discover how to get unstuck. In person or via telephone conference.

Discover Your Dreams Workshop

Spend the day with your friends and the Coach. Let us help you discover your dreams through Dream Boarding/Vision Mapping and Facilitated Coaching Exercises. Also includes ONE personal coaching session post-event per person (phone conference).

“Coffee with the Coach” Programs

May we come to your Church/Women’s Group and conduct a workshop around your needs?

Topics such as:

“Overcoming the Dream-Stealers”

“Developing your Sweet Spot”

“Finding Your God-Given Purpose”

“Stress Management”

“Developing a Positive Attitude in A Negative World”

“Healthy Living; Body, Mind, Soul”

“Healthy Kids—Happy Moms”

.....design your own