

Getting Started

Congratulations on your decision to hire a certified life coach to help you get your life in order and begin to accelerate your personal and/or professional success. We will begin with a 45-minute complimentary consultation to determine if we are right for each other. In other words, we can move forward provided that I possess the experience, expertise and tools you need to create change and you are truly ready and willing to give the process everything you've got. Wishing and hoping never win the race but preparation and hard work put you in the winner's circle.



Winners make a habit of investing in themselves and their future. Keep in mind that the service a certified life coach provides is invaluable. Essentials For Change Life Coaching packages offer you a range of options based on your needs. These incredible package deals are the perfect opportunity for you to find out how powerful coaching tools are and to experience the impact they'll make upon your life.

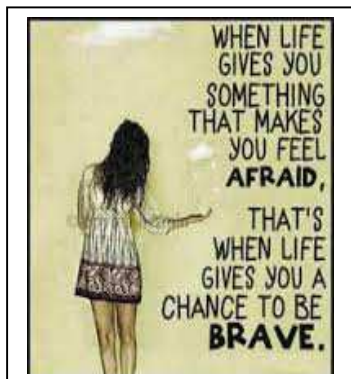
Get Your Coaching Started Packages

	Online Coaching	Affirmative Design Coaching	Activist Target Coaching	Aspire Level Coaching
Weekly coaching assignments	✓	✓	✓	✓
Bi-weekly audio content	✓	✓	✓	✓
A monthly webinar	✓	✓	✓	✓
Weekly prep form to keep you accountable	✓	✓	✓	✓
Coaching article	✓	✓	✓	✓
Success book club		✓	✓	✓
2 coaching calls		✓		
3 coaching calls			✓	
4 coaching calls				✓
1 complimentary women's event ticket or promotion				✓
	\$150/month	\$400/month	\$500/month	\$675/month

All you need is an email address, a phone and a coaching package to taste a new source of success. For all of the times that you have not done what you knew you should, here is an opportunity to start building personal progress and keep your momentum going!

Why are my life coaching services **affordable** and oh so valuable? You will receive expert coaching from a life coach who has made a constant study of self-improvement and has been a people advocate for 30 years. In the end what really counts is that you will begin to create balance, peace and harmony in your life, well worth the monetary investment you make. What makes an investment a “good” investment? One where there is lasting, measurable transformation. Most often people think nothing of investing in “looking good” or having “things” that make them feel more comfortable. Now, it’s time to put that investment into the “inner you” to make you feel better – then you can do better and be in a better place.

*We are what we repeatedly do.
Excellence then is not an act, but a habit.*
(Aristotle)



Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a character; sow a character, reap a destiny.

Call or click today.

Package commitments, payment methods, schedules and offers TBD after an initial consultation and are subject to change.

Legal Disclaimer Notice:

Coaching is intended to be informational and educational for the client, and to provide information, support and encouragement for the client’s goals and decisions based on information provided by the client. Client is fully and solely responsible for all information provided to the coach, all information reflected back to the client by the coach, and all client decisions, actions or inactions resulting from or relating to the coaching experience. Client will indemnify and hold harmless Essentials For Change from any claims, liability, costs or expenses in connection with any coaching services, information or materials. The information contained within coaching program or within coaching sessions, classes, or workshops, is not a substitute for advice from a Medical Doctor, Psychiatrist, counselor, lawyer or therapist of any kind.

Coach Gayle

essentialsforchange@gmail.com

914-316-8769