

What keeps you from utter fulfillment of your dreams and goals?

MY PROMISE TO YOU:

Palpable results within 2 hours; integration in 10 or less.

**Schedule your free consultation!
Toll-free: 1.877.535.LIFT (5438)**

HOW OTHERS SEE ME:

- “Truly extraordinary!”
- “Incredible depth and compassion!”
- “Unusually present!”
- “Playful ... alive!”
- “Surprising ... unpredictable!”
- “Able to see people differently.”

WHO I AM:



Published author, creator of The Integrated Approach™, founder of LIFT International and NYNVC community, speaker at the International Coach Federation Conference Master Coaching Track Nov. 2004, certified MBTI administrator, certified in Covey's "7 Habits", member of Phenomenal Coaches Guild, currently completing CNVC Certification, coaching since 1992.

Ask for a complete resume!

Inspired to support "the evolution of human consciousness at all levels", Gail's depth, transparency, playful style, education and rigorous personal practice make her one of the foremost cutting-edge coaches and an up-and-coming leader in the coaching community.

Gail is fluent in both English and French, and is available for private coaching and group workshops. "Are you ready to play?"

Sessions by phone
Easy—On your schedule
From the comfort of your home/office

L.I.F.T. International—Gail Taylor, Integrated Coach
Toll Free 1.877.535.LIFT (5438)

To: _____



INTEGRATED Personal and Professional COACHING

- Movement**
- Powerful strategies**
- Growth**
- Ease**
- Abundance**
- Aliveness**
- Effectiveness**
- Fulfillment**

How?

Give me an hour and I'll show you!

"I highly endorse Gail's work."
-- Ken Wilber, *A Brief History of Everything*

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HOW IS IT WORKING FOR YOU?

How is your:

job / career satisfaction?
relationship with yourself?
home life?
financial ease?
love relationship?
health? playtime? sex life?

Are you thriving in the ecstasy of your dreams? Are you enjoying even your pain? What's keeping you from deeper fulfillment?

What are you doing about it? How is that working for you?

"Insanity is doing the same thing over and over again, while expecting different results."
- Albert Einstein

If you're not getting the results you want, if you're not living a life you love, ask yourself:

Are you covering all the bases?
Get results with The Integrated Approach™.

- Unstick 'stuck' areas - enjoy relief
- Cultivate your power, your deepest Self
- Realize powerful results
- Liberate yourself from past pain
- Improve work and love relationships

Finally, a professional integration of mind, body, spirit, heart and action that WORKS.

Manifest your true destiny!

WHAT OTHERS ARE SAYING:

"We kicked up powerful strategies. Before, it was like quiet desperation. Now, I just relish. What a relief."
GJ, CEO

"Finally my work is in line with my life purpose, with my passion."
TG, Consultant

"Fear was holding me back, as though my fingers were interlocked. Now they're pulled apart. It's liberating."
KK, Teacher

"I'm stepping out of old patterns into new ways of being. A shift from walking on shaky thin ice to having a firm foundation underneath me...."
KV, Executive Coach

"I have so much more to give my daughter now. I'm more relaxed, have more space in me to handle whatever she's doing, and I feel far more compassion."
LD, Musician

"I communicate much more effectively now."
BT, Engineer

"You've been such a catalyst for my learning and becoming! It's been absolutely Divine!"
- LD, AI Consultant

CLIENTS COME TO ME FOR:

- Professional development
- Personal development
- Spiritual development
- ... and much more ...

HOW DOES THIS WORK?

Let's schedule a free hour and I'll show you. ☺

What do you want to achieve? What are your specific goals? Learning styles? Challenges? What do you need to reach the movement you want? Let's shed some light on and bring life to the topics of your choosing.

WHAT IS "INTEGRATED" ABOUT THIS COACHING WORK?

Imagine melting an ice cube from one side alone. Now imagine trying to melt the same ice cube from all sides. Which will get results faster? Integrated coaching melts the ice from all sides:

- Practical (behavioral, taking action)
- Cognitive (thoughts and beliefs)
- Subtle (emotions, energies, images)
- Bridge (underlying values, universal needs)
- Somatic (kinesthetic, visceral, body practices)
- Causal (life force, inner guide, Self knowledge)

Distilled from 16 years' research, extracted from hundreds of traditions and technologies, Integrated Coaching covers all the bases.

Get core results faster, deeper and more effectively than any other approach.

For more details or to learn more, call for a free consultation!