

Perfectly **Polished**

Life Coaching

Gail A. Whalen



*Helping you to
reach your life
goals ... and
dreams!*

**“... but be ye transformed by the renewing
of your mind, that ye may prove what is that
good, and acceptable, and perfect, will of
God.” ~ Romans 12:2**



“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”

(Romans 12:2)

The word **“renew”** means to replace something old with something new.

“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”

(2 Corinthians 5:17)

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Hello my name is Gail Whalen. I am a “**A FAITH**” Coach. I am certified through the Life Catalyst Institute. I have been coaching for many years, but have been certified since 2015.

Life Coaching is not a career ... it is a calling ... and as a teacher and mentor, it is my calling to help as many women as possible to fulfill their God-given plans for their lives.

When I coach, we deal with your spirit, soul, mind, and body.

I believe that if you fix your spiritual everything else will fall into place.

I'll help you to tap into what you already have inside of you so that you can emerge.

“... If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.” ~Matthew 17:20

I pray that today you will be inspired to move forward to fulfill your dreams and goals.

ENJOY LIFE!

Gail



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“Change Me”

Dear Lord change not Thy will in my life,
Or trial and sorrows to be;
Renew my faith and make me strong,
Change not Thy will, change me.

Although teardrops fall when trouble comes,
Like storms on a rolling sea;
Let Thy beacon guide my ship to port,
Change not the storm change me.

When Thy Holy Word I don't understand,
And Thy glory I cannot see;
Teach my eyes, give me sight and wisdom,
Change not Thy Word, change me.

If the fruit Thou has not given me to eat,
Taste bitter and sour, I plea;
Let not my will but Thine be done,
Change not the fruit, change me.

If you change Thy ways to please me, dear Lord,
I would soon grow cold and turn from Thee;
That You may hear my prayers, dear Lord,
Change not Thy ways, change me.

There's a valley that I must cross,
Someday Thy face to see;
Lest I forget what power is Thine,
Change not the valley, change me.

Author Unknown

Welcome

Congratulations on embarking on this journey! I look forward to working together and supporting you in achieving whatever you want. This booklet aims to help you understand the nature of coaching and how to get the most from our partnership.

What Is Coaching?

Coaching is quickly becoming one of the leading tools successful people use to live extraordinary lives. Through weekly coaching sessions, clients identify what is most important to them and align their thoughts, words, and actions accordingly. As your coach, I work with you to determine what you want personally and professionally and support you in achieving a life you want and love.

Life Coaching is a possible relationship between a life coach and those seeking coaching to improve their life and work.

Life coaching helps individuals create the changes they want in all aspects of their lives. It is a process that helps individuals get unstuck and move plans forward to successful completion. So, we can say that:

- Life Coaching is moving people toward 'success.
- Life Coaching is a focus on the future.
- Life Coaching is all about change.
- Life Coaching moves people from idea to action.

Life Coaching is an ongoing relationship between the coach and the one being coached, which focuses on the one being coached taking action toward the realization of their goals or desired self.

Life Coaching is a Platform or Vehicle for Learning.

Having a life you love starts with gaining clarity on your values, enabling more meaningful and consistent action. Your commitment to your life through coaching offers a means for more balance, joy, intimacy, energy, financial abundance, focus, and movement in every area of your life.

What professional athlete hasn't used a coach to win? Tiger Woods is already one of the best, and yet he understands the value that comes from having someone work directly with him, someone to point out things he can't see, someone to keep encouraging and challenging him to achieve his greatest potential. That's who I am for you. Coaching is like having a personal trainer for your life.

As Your Coach, I Will:

- Encourage you to set goals that you genuinely want.
- Ask you to do more than you may have done alone.
- Help you focus better to produce results more quickly.
- Provide you with the tools, support, and structure to accomplish more.

How Is Coaching Different from Therapy or Consulting?

Coaching is not therapy, which goes into depth about various issues, usually dealing with the past, nor is it consulting, which generally results in giving the client answers. Coaching is more action-oriented and focuses primarily on the present and future. As your coach, I enable you to determine your own "answers" through the work done in our coaching partnership.

Who Works with a Coach?

Entrepreneurs, business owners, professionals, and people in transition are some of the people who typically work with a coach. Regardless of their professional endeavor or place in life, all of my clients have one thing in common: they are ready to go for the things they want in their lives!

How I Coach Clients

As your coach, I will inquire, encourage, advise, challenge, make requests and listen for your truth so that you remain aligned with who you are, your goals, your values, and your vision. My focus is entirely on you and what you want in life; I stand for you first and foremost, not just your goals.

The coaching relationship is designed by us and may be refined through ongoing two-way feedback. Even though I am committed to the journey, you will ultimately be responsible for actions taken (or not taken) in your life throughout the process.

I Expect Your Best

We should only be working together if you are ready to do and be your best. If you aren't doing your best, I will ask you to do so. If you can't be your best now, I will understand, and together we'll figure out how to get you back on track!

I Make Specific Requests

From time to time, I will make a direct request, such as "Will you accomplish X by the end of the month?" You may accept the request, counter-offer (e.g., "I can't do X, but I can do Y"), or decline (rare). I will always support you whichever way you respond.

I Give Advice

If I am sure of the situation and you're open to it, I will make specific suggestions on handling a problem or going for an opportunity. If I am not sure, I will say so. I will make every effort to get you an answer. Regardless, use the best of what I say and use your judgment.

I am Direct

When I hear a funny tone in your voice or notice something amiss, I will ask you about it. Often, these small moments offer the chance to resolve something. However, I will not confront you; I will merely invite you to take a closer look.

I Give Homework

I typically ask you to determine two or three goals or actions to focus on between our sessions. If I am pushing you too much, say so. If you want to be pushed harder, ask.

I'm Here for You

I want to hear it all. If you have a personal problem, are upset with something (even me or the coaching). Please feel free to call, text, or email me if you are starting to realize something big or can't wait to share a breakthrough. Anytime.

How to Get the Most from Coaching

I want you to benefit greatly from our coaching sessions and the time in between. This booklet briefly outlines some of the things you can do to maximize the value of your coaching experience. Coaching is about reinforcing good behaviors—looking at how you might do better, changing incorrect behaviors, trying new things, and developing new skills. A tremendous opportunity has been lost if the coachee does nothing after being coached. Coaching is not about idle conversations but about accomplishing something; it's about constantly improving performance.

Focus on What You Want

Coaching works best when you have clear goals based on your values. First, I encourage you to consider what you want out of your life. Then, identify the gaps between the way things are now and how you would like them to be. Many people struggle with this, so if you're unsure what you want to achieve, coaching is an excellent tool that can provide you with greater clarity.

Get to Know Yourself in A New Way

Working with an experienced, empathic coach is a healthy way to grow. Most clients hire a coach to work on specific goals, and much of the time and focus is on these objectives. Yet, with coaching, many clients discover new parts of themselves and find they adjust their goals to be more in alignment with who they are. This discovery process is natural, and you don't need to concentrate on it; realize it will likely happen. Accelerated personal and professional growth is the hallmark of coaching.

Double Your Level of Willingness

Part of working with me as your coach is that I will ask a lot of

you. Not too much, I hope, but perhaps more than you may have been asked recently. I request that you be willing to experiment with fresh approaches and try on new beliefs. I invite you to tell the absolute truth (be honest with yourself), raise your standards and set bigger goals. Ultimately it would help if you decided what is best for you; however, the more willing you are to grow, the greater the benefits from coaching.

Come Prepared for Each Coaching Session

I request that you prepare a written plan for each session to get the most value out of the coaching session. I will provide a “Coaching Prep Form and Weekly Accomplishments Form.” It doesn’t have to be a big, time-consuming thing and usually only requires a few minutes. Investing that small amount of time to prepare for the session beforehand will considerably impact your session. Please email the forms to me at least a day before the next session.

Do Your Homework

Each week you will decide on the actions or goals you want to focus on. You are expected to keep your commitments, and I will work with you to ensure you set worthwhile, realistic, and achievable objectives. If you know that a busy week is ahead, your homework might be as simple as thinking about a new perspective. You might decide to handle a big task if you have more time. I will hold you accountable and encourage you to do your best.

Benefits of Working with a Coach

Coaching is proven to work when two factors are present: The client is willing to learn to grow and take action. There is a gap between where you are now and where you want to be. You can develop the right strategy, implement a plan of action and achieve your goals. Anything is possible within our coaching relationship.

Take More, Better and Smarter Actions

Our first task together is to find out precisely what you want for yourself. Once you create objectives that align with your values and professional vision, you’re much more likely to naturally and

consistently take action to reach them.

Have a Balanced Life, Which Works Well

Professional success is maximized when you enjoy a sense of personal fulfillment and life balance.

We will discuss how not to be selfish but to be responsible and carve out enough time outside work so your life is how you want it to be.

Make Better Decisions

I will help you become focused as you share ideas with me. I will understand you – and be more subjective enough to want a lot for you, yet objective enough not to be biased or self-serving. You'll also find that just talking about your options with someone who listens is often enough to clarify things.

Reach for More, Much More

Having a coach you can trust, you will reach for much more. Are you ready to think big and live your life fully? I am a coach who will help you take your life wherever you want it to go.

Make and Keep More Money

Most people are worth a lot more than they are making. Are you happy with your financial situation? If not, we can look at your beliefs around money and address whatever keeps you from experiencing financial abundance.

Have More Sustainable Energy

Together we'll identify the things that drain your energy and create a long-term strategy to eliminate them. In addition, we'll focus on the things that give you energy and explore how to maximize their impact. When you're happy, productive, and free from tolerance and problems, life is a lot more fun!

Your Responsibility

- Active listening is critical for the coachee.

- Commitment on the part of the coachee is critical.
- The coachee must take ownership over his or her progress by
- The coachee decides his or her own goals.
- The coachee will have to put in the work.
- The coachee must be serious about reaching his or her goals.

Living Life to the Fullest

Psalm 37:4

“Delight thyself also in the Lord: and he shall give thee the desires of thine heart.”

Matthew 6:34

“Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.”

Philippians 4:13

“I can do all things through Christ which strengtheneth me.”

John 10:10

“The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.”

Jeremiah 29:11

“For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.”

Psalm 90:12

“So teach us to number our days, that we may apply our hearts unto wisdom.”

Proverbs 27:1

“Boast not thyself of to morrow; for thou knowest not what a day may bring forth.”

Mark 9:23

“Jesus said unto him, If thou canst believe, all things are possible to him that believeth.”

Psalm 16:11

“Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.”

2 Timothy 1:7

“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”

Laughter
Inside
Forever
Encouraged
... and Sarah laughed ...

***If God says so, it is never too late;
no matter how impossible
it may seem!!!***

Examine Yourself

1. What specifically do you want to accomplish?

2. How will your life change as a result of working on this goal?

3. Where are you today in relation to this goal?

4. What have you tried that worked/didn't work?

5. What have you seen others do that might work for you?

6. What is the first step you want to commit to?

7. What are some steps that you can take towards achieving that?

8. If you were to FULLY live your life, what is the first change you would start to make?

CHANGE requires you to change the way you think.

CHANGE requires you to put in the work to get the desired results.

CHANGE requires you to change your lens and see things differently.

CHANGE requires you to stop blaming others and face yourself.

CHANGE is

Challenging

Healing

Adventurous

Necessary

Genuine

Exciting



Take the necessary steps to **CHANGE**.

Testimonials

There are so many things that I can say about this wonderful woman of God.

2017 was one of my lowest moments in life, and just a routine hair appointment saved me in so many ways. Just the words (how's everything going) set the tone of it all. She will tell you how it is, the whole truth, and make you feel your reality and face it.

At that time, I needed it. But I don't think this should be a letter of what she does but more of a THANK YOU!! Because of you, I know when I'm in the wrong. Because of you, I have so much peace. Because of you, I know my worth when I felt it was nothing left for me. Because of you, I'm a better mother and friend. I'm working, and I also know how to say No! LOL. Because of you, my son is home. Also, because of you, I know how to pray and lean on my own faith and trust God has everything in control. So thank you so much !!!!!!! You will forever be a Queen to My Heart. I Love You So Much ...

- Sharita



Gail A. Whalen inspires anyone who she comes in contact with. She is a great friend & mentor. I would not be where I am today without her constant guidance. You will not ever be let down with her on your side.

-Lamar

FAITH

To be faithful means to “count God worthy of (one’s) trust.

“But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.”

~ Hebrews 11:6

“Then touched he their eyes, saying, According to your faith be it unto you.”

~ Matthew 9:29

“... If ye have faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea; it shall be done.”

~ Matthew 21:21

“And Jesus answering saith unto them, Have faith in God.”

~ Mark 11:22

“And he said unto him, Arise, go thy way: thy faith hath made thee whole.”

~ Luke 17:19

“For therein is the righteousness of God revealed from faith to faith: as it is written, The just shall live by faith.”

~ Romans 1:17

“That your faith should not stand in the wisdom of men, but in the power of God.”

~ 1 Corinthians 2:5

“Now faith is the substance of things hoped for, the evidence of things not seen.”

~ Hebrews 11:1



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