

Gail's Proprietary Tool: Rewriting the Script (RTS)

RTS is a revolutionary new tool which goes far beyond the tips and techniques of traditional coaching (and cognitive therapy) to help you--the husband, wife, daughter, son, sister, brother, parent, friend, business person, manager or executive--live and work more successfully.

RTS is particularly effective in helping clients uncover and eliminate beliefs that have prevented them from reaching their potential.

Most of us live our adult lives based on beliefs created the first five to seven years of our lives. Many of those beliefs were false, and do not serve our adult selves well. If you want to create lasting changes in your life, you accelerate success by releasing inhibiting beliefs. RTS allows clients to directly access the subconscious where those false beliefs were created, and release those blockages to more fulfilling lives. Using RTS clients can “deprogram” themselves without having to re-experience past trauma or distress.

In her coaching practice, Gail has successfully used RTS to help clients clear negative beliefs and emotions to create breakthroughs in:

- attracting and sustaining healthier, loving relationships.
- overcoming procrastination.
- reducing fear of moving forward into a new identity.
- eliminating fear of public speaking.
- healing negative patterns developed in childhood.
- improving self-image and self-confidence.
- increasing financial stability and prosperity.
- letting go of control or need to be in control.
- becoming more focused and committed and less overwhelmed.
- overcoming fear of being alone/abandonment.
- feeling safe and supported.
- grieving appropriately.
- losing weight.
- taking greater risks in business or personally.
- increasing sales performance.
- taming “the inner critic.”
- letting go of perfectionism.
- unleashing creative talents.
- overcoming fear of rejection.
- embracing one's personal power.

- living more joyfully and authentically.
- loving oneself.
- connecting more deeply to one's Higher Power and/or purpose for living.

RTS also can help your colleagues and employees. It can be used to create sales and training programs that “stick”- transforming sales people in spirit and performance. In the business world, RTS assists:

- CEOs, managers and staff to embrace change.
- Leaders and employees to experience clearer communication.
- Organizations to increase creativity and innovation, and transform the process of work/life integration.

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