

**Gail Pendergrast, BSN, MS, CPC**

**Aiken-Augusta Holistic Health**

**North Augusta, South Carolina**

**803-426-1421 Office 706-373-9993 Mobile**



**Gail has experience in a variety of health care settings including pediatrics, psychiatry, hospital education, an advocate with the Mississippi Health Department and the American Academy of Pediatrics to ensure access to care, a grant researcher for access to care, a public health nurse, and now a certified life and health coach and speaker through the holistic practice she and her physician husband own. Gail has operated a home based business for the last 18 years that has given her opportunities to lead large teams in growing their businesses, do seminars for hundreds in the industry, and conducting webinar and tele seminars.**

**Gail has been working as a trainer for the last 14 years and has regularly done workshops on life and health ownership which include: self-discipline, understanding conscious and unconscious thoughts, goal setting, conflict resolution, changing one's money blueprint, developing personal/ business mission statements, preventing self sabotage, leadership development, forgiveness, various health ownership and disease prevention topics, and organizational skills. Through her passion to stop exploitation she has trained physicians and other health care providers and educators on how to protect children from exploitation. She has completed extensive training programs and certifications with international experts Bob Proctor and T. Harv Eker to enhance her speaking and training skills particularly around the power of thinking and money management. Gail is a regular writer for newsletters on life and health management and ownership. Gail provides trainings for both nonprofits, businesses, and churches and maintains a private coaching practice. Her trainings are**

**created to have her audience engaged and participating. Her goal whether working with individuals coaching clients or in trainings is to empower people to think bigger, assume more control of their life and health, and always leave with at least one thing that can be used that very day to move them to their goal. Gail works with a relationship marketing company and is committed to helping individuals and business harness the power of gratitude and appreciation to grow their lives and their businesses. She often does workshops on how maintain relationships and the power of referral and appreciation marketing.**

**Gail's undergraduate degree in nursing (1981) is from the Medical College of Georgia. Her graduate degree in Public Health Nursing with a concentration in special needs children (1985) is from University of Southern Mississippi. Gail completed an International Coach Federation approved coaching certification course through International Coach Academy in 2008 which required supervised coaching, testing and standards set by ICF. Gail is a certified professional life and health coach. She is a certified parenting educator (Parent Effectiveness training), a Science of Getting Rich facilitator, and the education coordinator for the nonprofit, I'm Aware.**