

What clients say about coaching with Gail Gazelle

“ I looked into several coaches before choosing Gail, one of whom charged over \$5,000 just to get started! **Gail has helped me clarify my goals, create positive momentum, and explore my options for a more fulfilling career. She is concise, affordable, on track, and holds me to task. I recommend her highly.**”

- Chief medical officer, Illinois

“ I’ve tried many things to manage long-standing anxiety, reactivity, and self-criticism. **From a very insightful and empathetic stance, Gail’s mindfulness coaching has helped me reshape how I approach work and life, utilizing concrete mindfulness tools to keep me grounded, less anxious, and with a whole new level of clarity and sense of control. I feel so much happier and less reactive at work.** With Gail’s guidance, I’m living more and more as the best possible me.”

- Radiologist, Massachusetts

“ I came to Gail because I felt dissatisfied with my work and wasn’t sure how to move forward. Coaching was unexpectedly illuminating and it was also fun! Gail helped me learn quite a bit about myself and I now feel much freer. **I’m in the same job but am clearer about my priorities, am more present for myself and my family, and am experiencing much less stress.** Thank you Gail.”

- Internist, Oklahoma

“ **Coaching with Gail has been a leadership game changer for me.** After only a few sessions, I have much more command of how I approach meetings and I’m much better able to see the big picture and make informed executive decisions. **I am also able to manage myself better so that I have many more moments of clarity, insight, and am able to really actively listen. This not only translates into a much better quality of life and stronger leadership, but has increased my level of focus as a clinician as well.** I highly recommend Gail.”

- Chief of the Medical Staff, Surgical Oncologist

“ I’ve been very frustrated with my current practice but, before our work, I lacked the confidence to make the career change I knew I wanted to make. **It helped immensely that Gail is a physician. She helped me figure out what was holding me back and clearing it out of the way. Gail has been very supportive, insightful, and 100%+ in my camp.** With her assistance, I recently moved forward with a new job. Gail has been a great sounding board, confidante, and strategic planner. I recommend her highly.”

- Family practitioner, Wyoming

“ I started coaching with Gail because I was dreading going to work, had some incapacitating anxiety attacks on my way to work, and I seriously thought about early retirement. **Coaching with Gail turned things around. After only a few sessions, and some deep soul searching, one year later I am still working at the same place but am less distressed, actually relating content, my Press Ganey’s have skyrocketed, and I have not had an anxiety attack since our coaching. I am much less cranky at work and now my staff smile when they see me coming in for my shift.** I hope to continue working for a few more years and am enjoying my relationship with my patients and their families. Life is good. Thank you Gail.”

- Emergency physician, New York

“ **Leadership coaching with Gail led me to understand what I need to do to be at my best.** I now operate from a place of greater personal autonomy, sense of options, and make decisions every day based on a greater sense of priorities. **The external pressures haven’t changed, but I now have stronger tools for coping with them.**”

- Chief medical officer, New Jersey

“ I was being bullied in my workplace and felt trapped, inferior, and depressed. **Gail’s supportive coaching gave me the tools to see my strengths, stand up for myself, and reverse the pattern of negativity. She’s also helped me be the parent I want to be. Coaching with Gail has been a lifesaver.** I give Gail my highest recommendation.”

- Cardiologist, Massachusetts

“ **Coaching with Gail was a professional game changer for me.** She helped liberate me from long-standing imposter feelings and facilitated the emergence of my true leadership self. Thank you Gail.”

- Palliative care leader, Georgia

“ I was eager to work with Dr. Gazelle after an eye-opening 30-minute introductory session. **Her creative and empowering guidance for self-assessment and realization gave me the confidence I needed to transition from a clinical to an executive role** in hospice. I recommend Dr. Gazelle highly to all who need career-polishing of any kind.”

- Chief medical officer, New Jersey

“ My dream job was a stretch and, as a Latina woman, I was insecure about my qualifications. **Gail got me to believe in my strengths and value and worked intensively to prepare me so I was able to project that I was the perfect candidate. I not only got the job but, with Gail’s expert coaching, I didn’t settle... I pushed and got the salary I wanted.** I never could have done this without her. I am so grateful to Gail.”

- Healthcare executive, Massachusetts

“ **Gail has helped transform my career from one that was perfectly fine into one that is truly outstanding and satisfying.** In leadership training, individuals are recommended to lead from their own strengths, but it’s easier said than done. Working with Gail, it has been a natural progression of identifying and using my strengths to the advantage of me and others involved in my work. Instead of focusing on what I don’t have, now I find ways to depend on what I do have to make it all work. **I cannot say enough about how useful Gail’s coaching has been to my career and quality of life.**”

- Associate section chief, Massachusetts

“ I was at a crossroads in my career and lacked the confidence to make decisions about next steps. Working with Dr. Gazelle helped me see my inner strengths and how to use them going forward. **She helped lessen my anxieties and pursue my goals both personal and professional. For high-functioning professionals, coaching makes more sense than therapy.**”

- Psychiatrist, Florida

“ In the midst of never-ending pressures of work and family life, it has been very helpful to have a safe and supportive space to focus on me. Through coaching, **I feel more in control, and empowered in my life. Dr. Gazelle is completely focused on my goals and agenda, and as someone growing into my leadership position, it has been invaluable working with her. The return on investment has been far more than I ever could have anticipated.**”

- COO, Emergency physician, Georgia

“ I was referred for coaching by my hospital. Although it was not my choice to see a coach, I found the process worthwhile and actually enjoyable. **Dr. Gazelle’s process helped me focus on my strengths and what I have to offer those around me. It was a unique and valuable experience to spend time looking at me, instead of all my responsibilities, and Gail helped me reach my goals.** I am glad to have worked with Dr. Gazelle.”

- Surgeon, Massachusetts

“ **Gail was a lifeline for me.** She helped me understand my strengths and weaknesses, and how to work through very challenging career circumstances I was facing. **She encouraged me, she inspired me, she pushed me, and all of that helped me get through a really rough year. I owe her a lot.**”

- Palliative care leader, Missouri

“ I came to coaching to resolve workplace issues that seemed intractable and left me feeling powerless. **In just three months of working with Gail, I have gained an arsenal of skills and strategies that help me be more productive and content at work. If you’re looking to increase your confidence and make changes in your life, coaching with Gail can really help.**”

- Medical researcher, New York

“ **Coaching with Gail has been an enjoyable and transformative journey** beginning with burnout, a sense of desperation, and doing more and more to prove my worth. **With Gail’s mindfulness coaching, I have more authenticity, ease, and enjoyment both at work and at home. The challenges in professional and family life remain, but I am more efficient and at ease with my clinical work, more comfortable with a wider range of emotions, and am living a much happier and full life.** Thank you so much Gail.”

- Palliative care physician, Michigan

“ Initially, I thought coaching would be too touchy-feely and not practical. Over the last 6 months, those reservations are gone and **I’m getting great results. Gail’s unyielding support and expertise has helped me be much more productive at work and gain a sense of calm.** Gail has helped me grow into my increased leadership role. **Coaching with Gail has been more helpful than I could have imagined.**”

- Intensivist, Pennsylvania

“ **Working with Dr. Gail Gazelle in a one-time negotiation session was worth every penny and minute and truly helped me** gain the confidence and know-how I needed to negotiate a larger raise with a recent promotion. I was particularly impressed that Dr. Gazelle went out of her way to touch base with me the night before I was scheduled to meet with my boss to give me a few extra tips and go over a few details. **In the end, I received a larger raise than I had even asked for. I would recommend without hesitation scheduling a negotiation session with Dr. Gazelle** to any of my colleagues or friends who find themselves in a similar situation.”

- Healthcare executive, Massachusetts

“ I started coaching because, although I appeared to be at the pinnacle of my academic career, I was unhappy at work, so stressed I couldn’t sleep and was developing other health problems, and didn’t value myself. **Through coaching with Gail, I feel a renewed sense of purpose and life, and now not only enjoy my work but am more productive. My life is moving forward in ways I couldn’t imagine before. Gail gives 150% of herself and is highly skilled. My life has changed fundamentally while working with Gail for the last year.** I am very grateful to have discovered her coaching.”

- Neurosurgery Endowed Chair, California

“ As a fellow physician, Gail Gazelle understands that we are "action-oriented" types of people; we like to set and reach goals. **She uses a similar approach as sports coaches and unlike traditional ‘therapy’: focus on the present and future, set goals outside of your comfort zone, and push yourself to reach them.** As I am both a physician and an athlete, her style is akin to ‘deliberate practice’ in medicine or ‘running lines’ in sports. **She helped me target and reach my own personal and professional goals.** Thank you Gail.”

- Anesthesiologist, Massachusetts

“ **Through leadership coaching with Gail I’m gaining clarity and focus that helps me deal with a variety of leadership situations more effectively and with a newfound confidence.** Gail’s relaxed and flexible style makes each coaching session enjoyable and productive, and with each session I see immediate results! **I’ve truly thrived and I’m developing the leadership style that fits for my personality and strengths.** Thank you Gail.”

- Palliative care director, Georgia

“ Gail’s unique combination of strengths - her intelligence, compassion, perception, and enthusiasm - are unmatched. **Her fun, yet focused, style of coaching connected me to the best version of myself and helped me move forward personally and professionally into a life that is fulfilling and purposeful.** With her encouragement, I felt supported every step of the way.”

- Physician editor, Massachusetts

“ I came to coaching because I was stuck regarding a work situation that left me frustrated and exhausted. **Although it was very difficult for me to effect the change I wanted to make, Gail provided the accountability and encouragement that kept me moving forward.** Gail is also flexible, tailoring her approach to meet my individual style and needs. **Having Gail by my side allowed me to move from a stuck position.** It wasn’t as difficult as I had imagined and I felt better afterwards.”

- Gastroenterologist, Massachusetts

“ **Working with Gail this past year has been immensely helpful.** As a retired physician reentering the workforce, Gail has helped me with specific tasks, and with understanding and overcoming internal and external obstacles. I have strengthened my communication skills, and I am much clearer about what I have to offer the world. **With her expert mindfulness coaching, I’m moving closer to my goal and finding more life satisfaction along the way. I give Gail my highest recommendation!**”

- Radiologist, South Carolina

“ **Gail Gazelle is a compassionate and insightful person, who will work hard to get you to moving toward your goals.** Coaching with Dr. Gazelle helped me step back and begin to align all aspects of my life toward the goals I choose. I feel more relaxed and also am becoming the captain of my own ship. **Dr. Gazelle’s dedication to her work is obvious, and with her skills and talents, you will find yourself advancing toward a new you before you know it.**”

- Academic internist, Massachusetts

“ **In her coaching, Gail brings a unique and much-needed combination of wisdom, compassion, and competence to physicians and physician leaders.**”

- Executive Director, Institute of Coaching, Harvard Medical School