



Gail Ostrishko is a creative catalyst who brings out the best in individuals and organizations. Consistently noted for her high energy and infectious enthusiasm, Gail helps individuals and organizations increase productivity, satisfaction and retention by getting the right people in the right roles and connecting relationships to results!



Her gift for illuminating insight and applying practical principles through personalized experiences is unparalleled. From coaching and customized team building to training, facilitation, and keynote speaking, Gail offers a variety of venues for personalizing a process to help you achieve short and long term results through relationships.

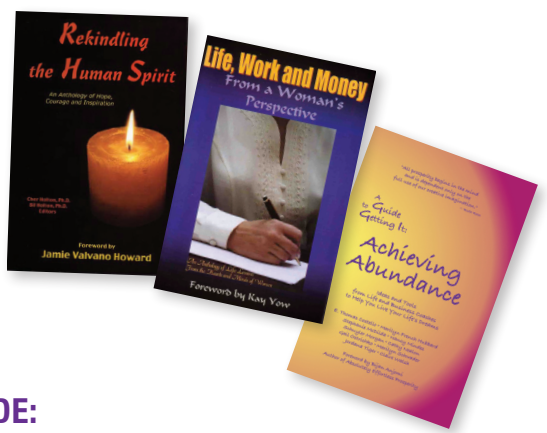
Grounded in decades of experience as a counselor, facilitator, speaker, author and coach, Gail is passionate about maximizing human resource potential.

Tell me, I will forget...

Show me, I may remember...

Engage me, I understand!

— Ancient Chinese Proverb



“Gail’s broad knowledge, extensive experience and infectious energy make her an outstanding trainer, facilitator and speaker. I recommend her to any organization or group that wants a positive learning experience.”

Ann Cobb,
Deputy Director/COO
NC Office
of State Personell

POPULAR PROGRAMS INCLUDE:

- Engaging Excellence
- Shared Leadership through Self Knowledge
- Change, Choice and Challenge
- Safe Stress
- Rekindling the Human Spirit
- Life is Good and Work Can Be Too!

GAIL'S CREDENTIALS

- Published Author
- Licensed Professional Counselor
- Faculty Member, William Glasser Institute
- Licensed Highlands Consultant
- Qualified Meyers Briggs Provider
- Member, National Speakers Association
- Member, Triangle Organizational Development Network
- Proud East Carolina University Graduate

**Harnessing
the power
of internal
wisdom through
engaging and
inspiring learning
adventures.**





Communication

Team Building

Conflict Management

Creativity and Innovation

Relationship and Talent Management

Leadership Development

Life is good.®



...and work can be too!

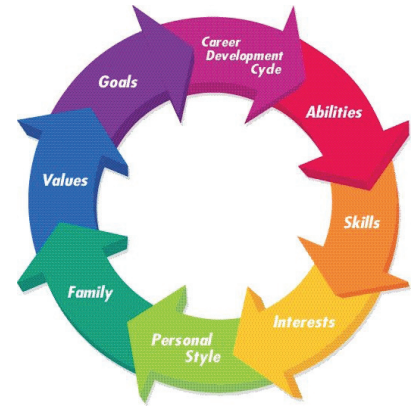
Explore Four Keys to Success from the LIFE is GOOD® philosophy

Spread Good Vibes

Do what you like and like what you do

Operate with Integrity

Embrace Optimism



Highlands Ability Battery and Programs

The Highlands Ability Battery is a state of the art assessment tool designed to reveal natural abilities. Combined with a comprehensive written report and personalized feedback session, participants gain a clear understanding of how they learn, communicate and solve problems, as well as defining what environments and arenas are most conducive to satisfaction and productivity. A powerful, **permanent process** for **educational and career planning**, team building, leadership development, and human resource management.



“Gail was the consummate professional at every stage... From our contracting conversation exploring the potential value of the (Highlands Ability) Battery in informing assistant principals of the need to understand both their own natural abilities as well as those whom they lead, to the coaching conversations she conducted with each of 16 participants responding to questions and engendering appreciation for the assessment process, to whole-group sessions deepening collective ability to leverage the assessment in their work as school leaders, Gail’s performance was well delivered and well received.”

Dr. Steve Bingham, Executive Director
Triangle Leadership Academy

It takes a lot of courage to grow up and be who you really are.

— EE Cummings