



Life is Good: ...and work can be too!

Figuring out what to be when you grow up may just be the most difficult job of all!

Research suggests that the majority of working adults report having no clear career direction.

Youth entering institutions of higher learning have limited life experience on which to base these significant and potentially permanent decisions.

This course combines the business philosophy of the popular Life is Good Company with the powerful research and structure of The Highlands Program, embracing practical principles grounded in a permanent structure for engaging participants in a high impact personalized approach to individual and organizational career and succession planning.

Spread Good Vibes:

Building relationships through optimism, awareness and appreciation for individual and collective strengths and abilities sets the stage for a productive, enjoyable work environment

Do What you Like and Like What you Do

Getting the right people in the right roles reduces stress, while increasing passion and productivity, resulting in higher levels of job satisfaction and retention

What would Jake Do?

Communicating and working in congruence with clearly identified personal and professional values insures an environment of integrity

See the Glass half full

Focusing on what goes well and experiencing more of it is the foundation of The Law of Attraction and the Theory of Resonance: What we focus on expands!



Gail Ostrishko is a creative catalyst for building relationships and organizations from the inside out. Consistently noted for her high energy and infectious enthusiasm, Gail works with individuals and organizations to increase productivity, satisfaction and retention by identifying and maximizing individual and collective strengths and creative capacity. *She has committed her career to helping people define and achieve the life they desire and deserve.*

Grounded in years of experience as a counselor, facilitator, speaker, author and coach, Gail's lighthearted approach to revealing universal wit and wisdom through personalized experiences is engaging, empowering and fun! State of the art assessment tools, experiential activities and customized original music combine to create a unique and unforgettable event. Ranging from inspiring keynotes and corporate seminars to intimate retreats and career coaching, these lively learning adventures are *guaranteed to engage your mind, body and spirit in a very powerful and permanent way*

Gail is a proud graduate of Cary High School and East Carolina University. She is a licensed professional counselor and faculty member of the William Glasser Institute. She is a licensed Highlands affiliate and a member of the National Speakers Association. Gail has coauthored several books and is a contributor to The Cary Magazine. She enjoys anything outdoors, especially walking her dog at the beach, along with Jazzercise and playing the guitar.

