

Annelies M Gentile, MA, PCC



**Integrative Life and Leadership Coach, Speaker,
Author, Artist, Interfaith Minister**


conduitforchange.com

- Launched Conduit for Change, LLC in 2008. **17 years+ professional coaching experience**, 33+ years of collective career experience.
- **Master's Degree in Coaching and Post-Baccalaureate Certificate in Health and Wellness Coaching**, Maryland University of Integrative Health
- **ICF Certified PCC** plus many more certifications.
- **Published book** *From Chaos to Calm :: Leading Change From the Inside Out* in 2018 and 2020.
- I bring a **comprehensive, evidence-based approach** to coaching, combining advanced academic knowledge with presence-based, experiential, somatic, client-centered techniques.
- My integrative coaching approach blends **positive psychology, neuroscience, behavior science, health and wellness, mindfulness** and **creative process** to deliver sustainable results.
- **Integrative Approach:** Focuses on the whole system, helping clients integrate their emotional, mental, spiritual, and physical well-being. As an integrative coach, I tailor each session to **address specific goals**, using scientifically-backed techniques and frameworks.
- **Inspired Results + Data:** My approach is grounded in the latest research on coaching effectiveness, ensuring measurable improvements in goal achievement, emotional well-being, and overall quality of life for clients.

The background features a series of concentric circles in light gray, some solid and some dashed, creating a ripple effect. A large, solid blue oval is positioned in the center-right of the frame. A thick, dark gray curved line sweeps from the bottom left towards the blue oval.

Live Focus Coaching Session (10 min)

→ *What do you want to tend in your
personal or professional life?*

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- What it is
 - What it's not
 - What to look for
 - How coaching can enhance outcomes and wellbeing
 - Live Focus Coaching Session (10 min)
 - *What do you want to tend in your personal or professional life?*

Understanding Coaching

How Integrative Coaching
Can Help You and Your Clients Thrive

Understanding the Key Differences Between Therapy and Coaching



What are your experiences with coaching?



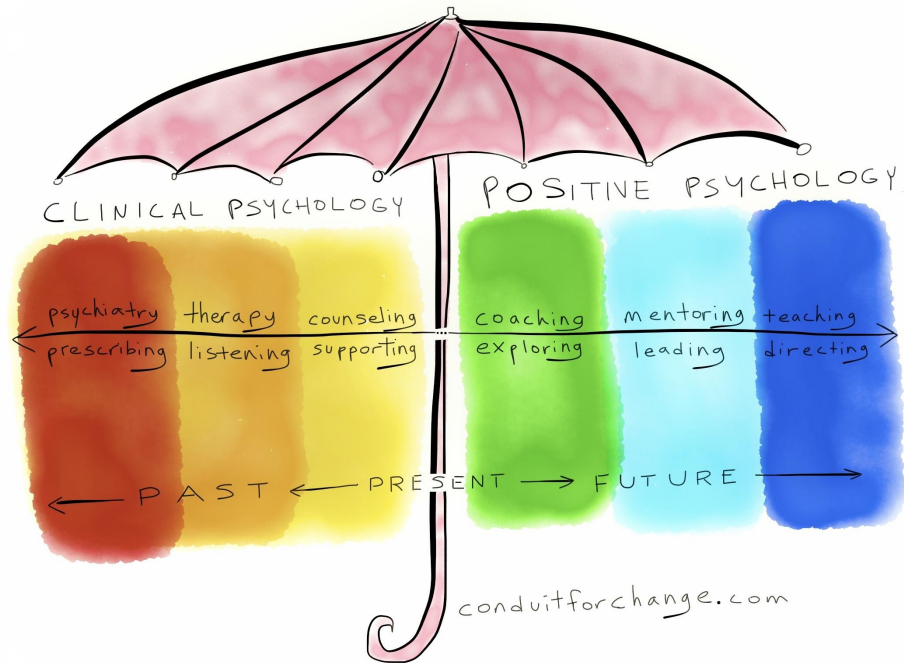
Understanding the Key Differences Between Therapy and Coaching

Psychotherapy is a form of treatment aimed at relieving emotional distress and mental health illness. Provided by any of a variety of trained professionals: psychiatrists, psychologists, social workers, or licensed counselors. This guided support is past and present-focused aimed at healing through resolving psychological difficulties or mental health issues. <https://www.psychologytoday.com/us/basics/therapy>

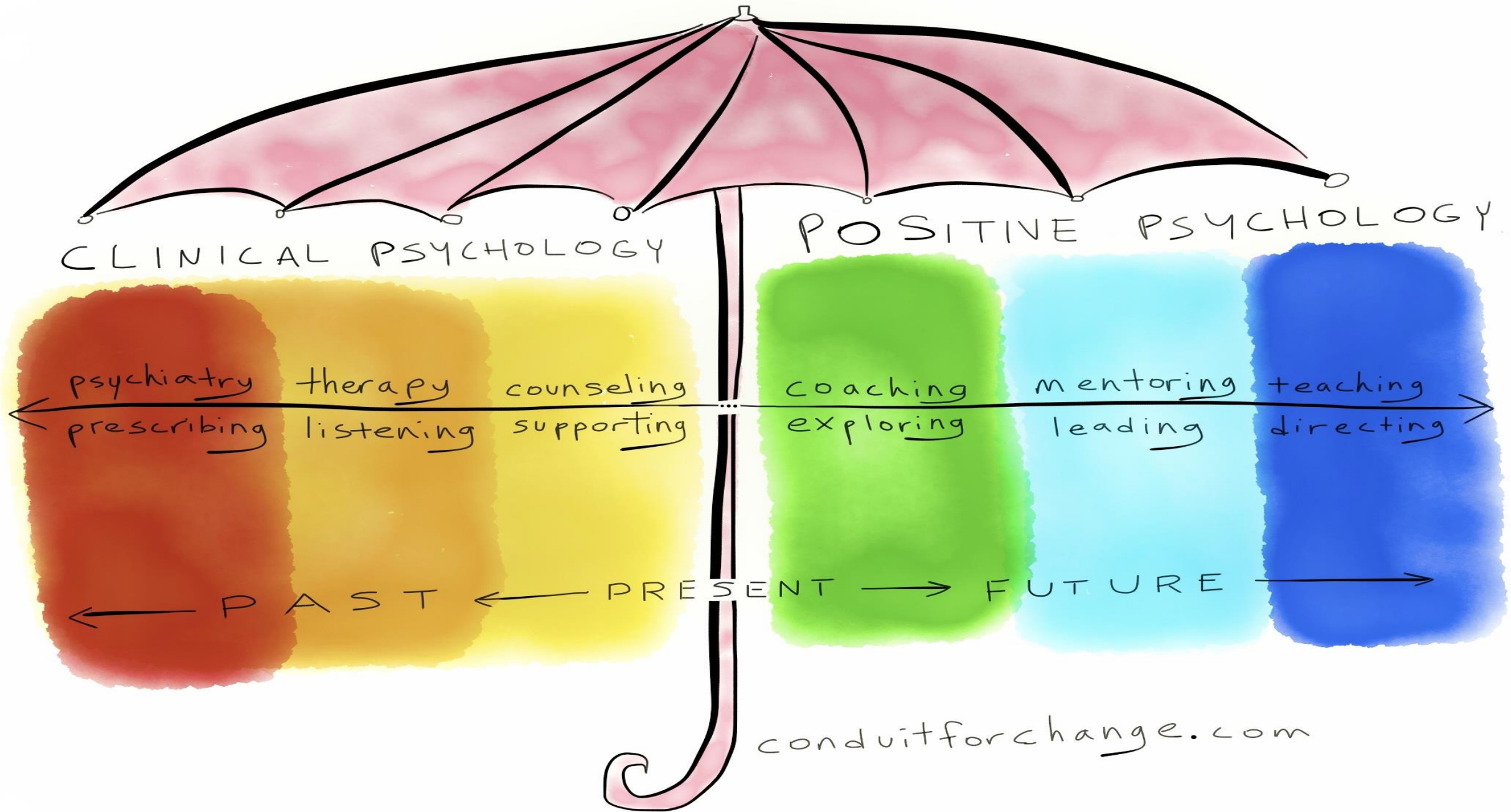
- State Licensed, extensive training, practicum
- Requires masters education and cont. education
- Offers clinical treatment
- Healing past trauma or managing current illness
- Covered by insurance

An ICF Coach offers a professional partnership, a thought-provoking, creative process aimed to inspire clients to maximize their personal and professional potential. This impactful process is client-driven, present and future-focused. Designed for growth, coaching helps to achieve specific goals and enrichment, transforming how you think, live, and thrive. <https://coachingfederation.org/get-coaching/coaching-for-me/what-is-coaching/>

- Certified by training, exam, mentorship
- Requires 40 hrs cont. education, 3yrs
- Offers creative conversation, strategy and accountability aimed to evoke potential
- Forward-focused, client-driven, goal-oriented
- Covered by client or sponsor



- A 2019 study found that while therapy worked on processing past traumas, coaching helped clients feel more empowered. https://www.researchgate.net/publication/228368927_Evidence-based_coaching_Flourishing_or_Languishing





Coaching is NOT Therapy

Coaching *can* have healing benefits through empowerment, future vision, and action-oriented results.

- **Coaching is a transformative journey where you discover your true potential.**
- **You're in the driver's seat**, in control of the destination, but beside you is a trusted navigator — your coach — helping you see new possibilities, find alternate routes, and ensure you don't lose focus.
- **This partnership empowers you to unlock** *answers you already have within*, while also *challenging you* to go further than you imagined.
- **At its heart, coaching is about exploration.** It's a process that stirs up creativity, fuels personal growth, and maximizes both professional and personal potential.
- **Through powerful questioning and insightful dialogue**, your coach supports you in discovering your own solutions, whether for life decisions, career shifts, or business challenges.
- **Coaching cultivates deep, lasting change.**

<https://coachingfederation.org/get-coaching/coaching-for-me/what-is-coaching/>



Impacts of Coaching

- **BEHAVIOR CHANGE:** Coaching can help individuals achieve lasting behavior change. A study published in *Psychology of Coaching and Mentoring* reveals that 70% of clients experience measurable improvements in behavior following coaching. https://www.academia.edu/72795310/International_Coaching_Psychology_Review
- **PROFESSIONAL DEVELOPMENT:** Data shows that coaching can lead to improved leadership skills, increased employee engagement, and higher productivity in a work context. Specifically, executive coaching resulted in 53% higher team performance. <https://www.ccl.org/leadership-solutions/leadership-coaching/executive-coaching>
- **PERSONAL IMPROVEMENT:** Recent BetterUp study shows significant area of development for most participants is introspection. This is a foundational skill for both personal and professional development. Improving mental fitness, confidence, self-awareness, resilience, self-efficacy, work-life balance, emotional regulation and increased mental health. Within the first three months with a coach, BetterUp members saw a 38% decrease in languishing, among other dimensions of mental health, life satisfaction, purpose, and social connection improve. <https://www.betterup.com/blog/benefits-of-coaching>



Impacts of Coaching

- **HEALTHY LIFESTYLE:** Research shows coaching has proven useful in enhancing personal insight and in shaping and reinforcing desired behavior within many different contexts. In recent years, coaching has received special attention as a method to improve healthy lifestyle behaviors. It is well-known that having the insight and resources needed to make choices that foster a healthy lifestyle.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4015179/>

- **IMPROVE CAREER OUTCOMES:** Although the science of coaching is still evolving, enough research has shown impact and support for coaching. Results indicate that career and workplace coaching is effective in achieving positive organizational outcomes and is an effective intervention for improving workplace outcomes.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10597717/>

- **INCREASE WELLBEING:** Coaching has been found to increase emotional well-being and reduce stress, as confirmed by a study in the *Journal of Positive Psychology*. Coaching resulted in a 30% increase in life satisfaction.

https://www.researchgate.net/publication/300845383_The_Efficacy_of_Coaching



What to look for...

- There are **MANY** different types of Coaches.
- Many are trained and certified.
- Some are “professional” with **NO** credentials.
- **LOOK FOR...** Coaches with certifications and training such as from the (ICF) *International Coaching Federation*.
- (ACC) Associate Certified Coach, (PCC) Professional Certified Coach and (MCC) Master Certified Coach or (NBHCC) National Board Health Certified Coach.
- There are many training programs, and many more popping up daily! Some are ICF approved.
- There are many qualified schools similar to ICF that have been long standing certifying bodies.
- Be wary of “weekend-warrior” trained coaches! However... they could simply be an expert in a field who wants to add coaching to their career. Not always “bad.”
- Do your research before hiring or referring a coach.



What to look for...

- **Coach trained certification from a qualified school**
- **Experience in the field 5 years or more**
- **Expertise in the area you want support in**



Leverage Coaching for...

- **Compliment to Therapy:** Coaching can complement therapy by focusing on future goals, personal development, and strength-building.
- **Self-Empowerment:** Coaching encourages you to actively work toward their future goals, fostering empowerment and long-term growth.
- **Reduce Burnout:** Benefit from coaching to manage burnout and increase job satisfaction and enjoy a healthy work-life balance.
- **Career Change:** Utilize an experienced career coach to help you sift through new career ideas and paths for success.
- **Health and Wellness:** Improve your wellbeing, mindset and achieve health goals through support, encouragement and behavior change with a health and wellness coach.
- **Improve Leadership:** An executive coach will support your position as a leader.
- **Spiritual Growth:** Explore relationship to faith and creative expression in an uncertain world, nourish hope through a spiritual or creativity coach.
- There are MANY coaches that cover lots of areas of need. Do your research.

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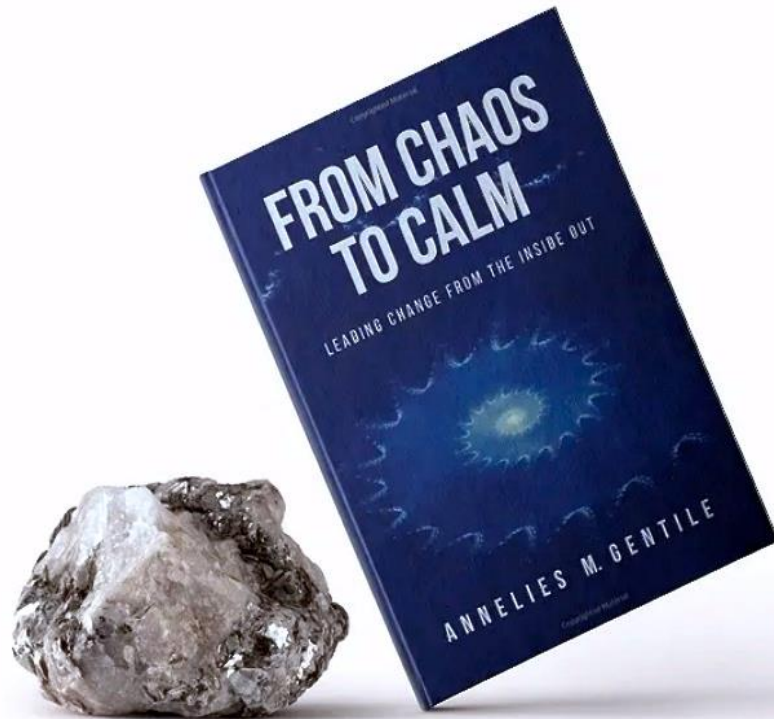
**Why Choose Me as Your Integrative Life
and Leadership Coach?**

I inspire you ...

- *see life differently*
- *remember who you are*
- *restore, revitalize, reinvent*
- *connect to what matters most*
- *embrace change with courage, creativity, and grace*

Through holistic, science supported, intermodal processes
that focus on creating sustainable transformative change ...

I inspire you to navigate *a path forward*.



Integrative Life and Leadership Coaching with Annelies

- Coaches 1-1 with individuals, groups, families and teams
- Creates custom talks for conferences, workplace wellness programs
- Leads integrative retreats for wellbeing, creative expression and grief
- BONUS → Health and Wellness Coaching with Annelies can be covered by HSA and FSA (health and flexible savings accounts)

Get the book! →



EMPOWERING PEOPLE FOSTERING IDEAS CHANGING LIVES



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