

Gwen Pettit of Spiral Coaching to be Featured on CUTV News Radio

GUNNISON, COLORADO, USA, April 10, 2015 /EINPresswire.com/ -- Have you ever been in charge of an entire work staff? Have you ever been placed at the helm of an organization? While maintaining numbers, sales, data, or theory may be your forte, your work could be suffering from something as simple as a lack of communication. Often overlooked, this facet of business could be impeding you and your company from achieving the highest of goals and individual dreams.

From massive corporations to small entrepreneurs, Gwen Pettit of Spiral Coaching is here to show you exactly how to take charge and move forward with your decisions. Now try running a company while balancing your personal life. Well, Gwen Pettit has that covered too.



Professionally, Gwen Pettit had achieved everything that most strive for in their career. For over 30 years, Pettit worked as a physical therapist, manager and eventually interim hospital CEO. Many would feel that they've reached the top. But for Pettit, she saw the flaws in the system and was able to isolate them to the most basic forms of interaction and communication.

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Gwen Pettit

The proactive Pettit decided to reevaluate her own life and her future by earning certifications in Evidenced-Based Coaching from Fielding Graduate University and the International Coaching Federation. Pettit also holds Master's degrees in [Organizational Development](#) and Health Science Education.

Utilizing her educational and professional background, Pettit is able to work with women to overcome a wide array of issues including stress management, team management, and work/life balance to name a few.

“Professional women often get stuck trying to do everything at once. They lose control of the many time commitments placed on them. The responsibility becomes too much to handle. People don't realize how stress can impact [health and wellness](#),” exclaims Pettit.

Available to everyone around the world by phone and via Skype, Pettit brings a professional yet personal approach to coaching her clients. Beginning with a complimentary session, Pettit creates a calming environment while asking the client questions to determine what the issues at hand may be. Pettit then incorporates a variety of techniques and tools including online journaling and stress

management workshops, to help guide her clients toward achieving both personal and professional goals.

Pettit has worked with many individuals and associations such as the Canine Rehabilitation Institute, Western State College, Gunnison Valley Hospital, Town and Country Animal Hospital, and the Rocky Mountain Nonprofit Institute. In May, Pettit will be running a women's veterinary weekend retreat followed by a six-month coaching session.

Gwen Pettit will be featured on CUTV News Radio with host Jim Masters at <http://www.blogtalkradio.com/closeuptalkradio> on Monday April 13th at 12pm EST. Listeners are encouraged to dial-in at 347-996-3389.

For more information about Gwen Pettit and all that Spiral Coaching has to offer visit <http://www.gpspiralcoaching.com>.

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