



Welcome to Inspire Life Coaching.

Hi I'm Jackie Gudsell, founder of Inspire Life Coaching. Like many women, I wear a number of hats. Wife, Mother, Young Grandmother, Business Woman, and Artist. Having walked a journey of faith for over thirty years, and been involved in different ministries, I understand the cost that those in Ministry face on a daily basis.

Alongside my husband Craig, an Insurance broker to the Churches, we have worked within Christendom, nationwide, for the past 25 + years. As a mentor to many over the years, it was a natural progression for me to complete a CPC course (Certificate in Pastoral counselling) with Richard Black, Supervision qualifications, and Life Coach training.

Enough about me, what about you, What is it you'd like to say if given the opportunity, knowing that someone would hear the story you need and want to tell, someone safe, who is not part of your faith community. What difference would that make?

My passion is to inspire and support women in Ministry related roles, including those married to, or partnering with those in Ministry, providing encouragement, and strategies to assist them in their role.

My heart is that each woman would find freedom and success.



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I am delighted to be offering the following professional services:

- Life Coaching • Supervision • Mentoring

Our Process

During your first half hour complementary session, we will clarify what you are wanting to gain from our time together. In the following session's we will identify and set some goals to help take you from where you are to where you want to be.

An action plan will focus on keeping you on track with your goals, a tool we will use regularly to monitor progress and accomplishments. Having clear goals will assist your success. All sessions are private and confidential.

What is a Life Coach?

I get asked this question a lot. My definition of a Life Coach is someone who walks alongside you and allows you to unpack your dreams & desires, exploring the challenges of Ministry, and barriers that are blocking you from achieving your desired goals.

The areas you may like to explore can be emotional, relational, professional and spiritual. You get to choose.

What is supervision?

You can review your feelings and motivations around Ministry, Self care, and your own life's journey, as each of these aspects intersect or collide. Typically we would meet with regularity to ensure your ongoing success and longevity in the role you are in, even discussing your future goals where appropriate.

Pricing

Life Coaching & Mentoring From \$65 per session

Supervision From \$75 per session

**“...Learn the Unforced Rhythms of grace.
I won't lay anything heavy or
ill-fitting on you
Keep company with me and
you'll learn to live freely and lightly”
Matthew 11v 30 MSG**