



Gina was born and raised in Park City UT., graduated from Park City High School. She went to the college of motherhood and now, she is continuing her education as a grandma. She learned life's lessons the hard way, through trial and error. But those lessons made her the strong, driven and independent lady she is today. Gina has been with the SoulSalt team since Sept. 2007, working as a Life Coach. She has worked with Lyn Christian and several of the other coaches at SoulSalt. She has learned so much in a short time.

Mission Statement ~

To continue not only my own journey, but to help others create a life of peace & happiness that can only be found within themselves. Gina Thurgood ~

"Coaching with Gina brought a new perspective to me on my life, and goals. I know what my strengths are; my main interests and I now know how to go about achieving them.

Thanks to Gina and SoulSalt coaching I feel more driven and at peace in my life."

Jessica – Salt Lake City

Coaching with Gina helped me tonz.

At the time that the coaching was going on I had gotten closer to a guy friend that I have know for about 4 yrs, I could feel that there was chemistry but I had a really hard time letting him know my feelings.

In my marriage that had lasted 23 years I did and felt pretty much what my then husband wanted me too. Gina's coaching helped me to communicate my feelings.

My favorite exercise that Gina had me do was the Strengths Survey, whenever I am having a hard day, I get these out and read them, they have helped me be a lot stronger.

I was also going through my divorce of two years that went to court three different times and then to mediation three times, Gina helped me as I went through the last two mediations. I usually let people take my power away from me, and she taught me to not give my power away. For the last mediation I made a "positive energy folder" and embraced it the whole time. I went into the meeting with a positive feeling that this divorce would finally be over and it was. Coaching with Gina has helped me so much with my confidence. Thanks Gina,

Torie – Salt Lake City