

WISDOM FROM A FIREGAL



Gina Geldbach-Hall

A retired fire department Battalion Chief, Gina was a pioneer in the fire service starting from firefighter and engineer to being one of the first female captains in the department's history. That experience taught her how to find empowerment, even in a man's world.

Her award winning book, *Firegal... Rising from the Ashes*, is an autobiography and her account of how she found true empowerment comes from within. It all starts with you!

Book Gina to speak or consult with your business today!

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*Running into burning buildings and saving people's lives is exciting and adrenaline packed...
It's also stressful and dangerous.*






Now, add in being one of the first female suppression supervisors in the department's history and you don't have to look far to see signs of smoke!

The first thing you have to learn is how to stop, drop, and roll with the punches.

Second thing... you have to get a whole lot wiser.

As she shares her experiences of being a trailblazer in the fire service, Gina imparts the lessons learned from the fire line.

Gina will inspire you to find your own inner greatness with the steps she used to become empowered, motivated, and mentally healthy. It's simple, easy, and you can use it today!

-  Using the Fire Triangle to find balance,
-  Expanding your perspective in life,
-  Realizing everything begins with self,
-  Exploring how to fuel your purpose,
-  Find passion to ignite your own flame!

Gina brings her knowledge in emergency services and crisis management to show others how simple steps and changes can have a profound effect on careers and lives. Let her years of working in stressful and ever-changing situations give you a unique perspective on how to make life work, no matter what challenges you may be facing. Using her wisdom, wit, and a profound desire to overcome bias and limited belief systems, she shares what it took to be empowered and inspired, no matter what flames she had to extinguish!

Contact Gina today to take your first step toward finding that empowered you!