

Meet Your Instructor

Gale “Skip” O’Neil

Gale “Skip” O’Neil has a wide and diverse background. As the son of a Baptist Minister, Skip moved six times before completing high school. After high school he joined the U.S. Army and served as a U.S. Army Ranger.

Following his discharge he worked with juvenile delinquents in New York. Skip has also been a financial planner with American Express, operated a successful mixed martial arts school and has two degrees; the first is a Bachelor in Business and the second a Masters in Teaching.

Mr. O’Neil has been an elementary and middle school teacher for the past 12 years as well as coaching cross country, wrestling, and track. He is a Master Practitioner in NLP and Hypnosis, receiving his training through Bennett Stellar University and Richard Bandler and the Society of NLP. Skip served as the lead trainer for Bennett Stellar University’s Seattle program and has been recognized by many for his effective, caring and compassionate approach to teaching and personal change work with clients.

Skip O’Neil

Licensed Master Practitioner of Neuro-Linguistic Programming, NLP™

Master Practitioner of Hypnosis