



global lifestyle **harmony**
women & men working in business together with integrity



The Well Being and Success of your Business or Career and Life is all about YOU!

Introducing Alana Mitchell - Motivational Mentor for Life and Change Agent

Working in conjunction with Kinesis Health & Performance Ltd www.kinesishealth.co.uk

Consulting, Mentoring and Coaching services at a special fee arrangement *exclusive* to Kinesis clients

More than ever to succeed in a changing market in 2009 you require a strategy that will enable you to successfully reach your targets and goals.

If you want to be **100% motivated**, have a **winning edge** and live a **healthy, happy, successful and balanced lifestyle.....**

Invest your time with Alana Mitchell and view your life from an **innovative 360° perspective**.

Alana is a Change Agent, Lifestyle and Gender Dynamics Coach and Consultant, Speaker and Motivator. Innovative, intuitive and passionate, Alana has over 30 years experience in business and substantially more experience in life.

Her clients are lawyers, accountants, human resource managers, business and life coaches, actuaries, media managers, international speakers, IT consultants, property developers, investment bankers and management consultants, authors, actors, well being consultants, stress management consultants, business owners, home management directors and entrepreneurs.



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www.globallifestyleharmony.com

Alana Mitchell is also co owner of Gender Dynamics Ltd with Pauline Crawford

www.genderdynamics.co.uk

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