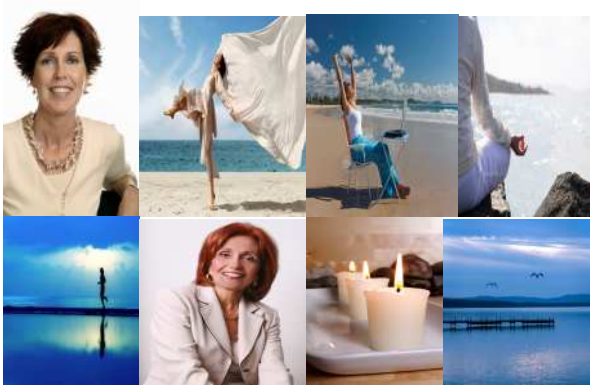




global lifestyle **harmony**  
women & men working in business together with integrity



### ***The Well Being of Your Life is all about YOU!***

We are living in an ever changing and challenging world and, more than ever, discovering who we are and what we want in life is essential to living a **healthy, happy and balanced life**.

***If you find yourself asking 'is that all there is?' and want to learn the secrets of discovering that 'there is so much more' and understand more about expressing what you want, then spend time with Alana and you will learn how to view your life from an innovative perspective.***

**Introducing Alana Mitchell  
Motivational Mentor for Life and Change Agent  
In conjunction with  
Kinesis Health & Performance Ltd**

[www.kinesishealth.co.uk](http://www.kinesishealth.co.uk)

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

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 another 30 years experience in life! A modern woman who views life as an ever changing adventure, her glass is more than half full, it is overflowing.

**A personal message from Alana:** As I stepped into my sixties I made a conscious choice to support women who want to live their 'best life', their unique life and to express I am passionate about making a difference is an understatement. I absolutely love finding ways to step you through from where you are to where you want to be. And, if you do not know where that is, we find out!

If you are wondering who you are and why you are you, and if you want to understand others more, spend time with me and discover how to be highly motivated and discover the exquisite woman I know you are.



**You can contact Alana**

**Direct on +44 (0)20 8643 1966/+44 (0)844 800 1017 or mobile +44(0)777 1861 752  
[www.globallifestyleharmony.com](http://www.globallifestyleharmony.com)**

Alana is also co owner of Gender Dynamics Ltd with Pauline Crawford  
[www.genderdynamics.co.uk](http://www.genderdynamics.co.uk)

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