

Inspirational Change
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**Real Conversations™
 Introductory Workshop
 5th June**
 Call for Details
 0422 974 042

"I help both individuals and organisations, to identify and resolve issues which limit them so they can reach their real potential in relating to both themselves and others."

Do any of these sound familiar?

In business do you:

- Notice how often the real issues seem to be 'swept under the carpet?'
- Notice how managers often avoid those 'difficult' conversations?
- Struggle to really engage your employees?
- Want your teams to overcome differences and work together effectively?

At a personal level do you:

- Have difficulty building and maintaining strong relationships?
- Doubt your own self-worth?
- Struggle with anxiety or depression?
- Find it difficult to express yourself?
- Recognise a loss or crisis has impacted the way you live your life?

I support you to better understand and manage yourself and in turn your relationships with others. Working with me will give you not only greater motivation to make changes but also the skills to do so.



I am a professionally qualified Psychotherapist with over 18 successful years in corporate Management Development and Change Management in both the UK and Australia and a thriving private Counselling Practice.

Contact me for private Counselling or to support individuals within your organisation to have the 'Real Conversations™' via Coaching or Group Programs.

Contact me

Contact Alison for a no-obligation consultation regarding your personal needs or those of your team or organisation:

Mob: 0422 974 042
 E: alison@inspirationalchange.com

Member of :

- Australian Counselling Association
- National Speakers Association of Australia



Please browse my website for more detailed information.

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