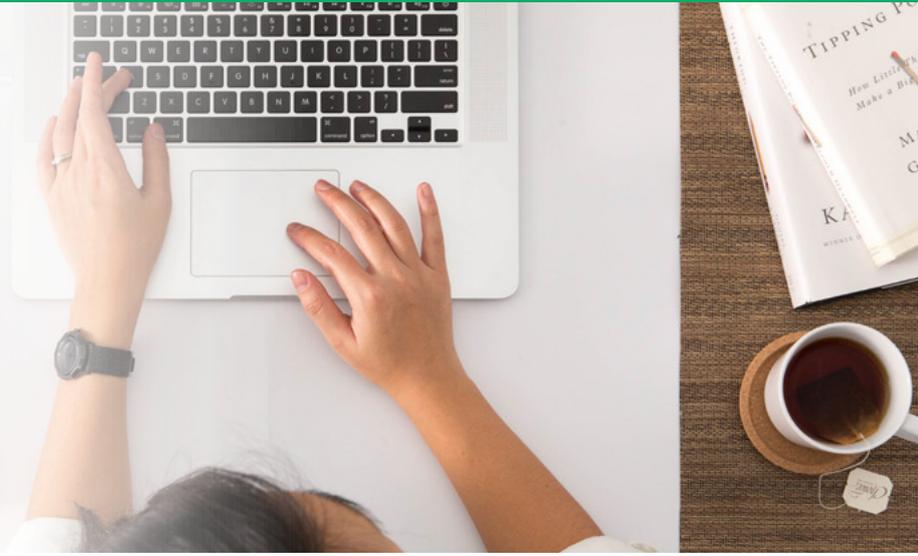


Rethink your challenges, review daily habits and rebuild the foundation to reach your fullest potential.



Rethink Your Challenges

In a world where constant change is a certainty and life complexity is increasing, your emotional behaviour and status plays a major role in your ability to navigate challenges with ease and confidence.

At Revo we are passionate about one thing - **INSPIRING POTENTIAL**. The coaching model you will experience will guide you through your change with clarity, confidence and strength to allow you to think and perform at your best.

Reveal your potential

Deciding to engage a coach usually means you are at a crossroads in your career, life or progression. You already know you want more, or want things to be different, but your fears and confidence issues have left you feeling frustrated and confused, or resulted in procrastination.

Coaching is a dialogue between 2 people and follows a structured, outcome-based approach to promote clarity and commitment. Change can be hard and it is often difficult to achieve on your own, but one thing is guaranteed - you will never regret reaching your goal, only not having tried harder.

Your Coach

ALISON COATES
M.COM Industrial Psychology



Alison Coates holds a M.Com in Industrial Psychology; is a certified Emotional Intelligence Practitioner; a member of COMENSA and is an associate certified coach with the International Coaching Register.

Coaching is a professional, collaborative and output driven method of learning. It focusing on what really matters and on discovering what motivates you. Coaching creates a way forward for you to achieve your goals with confidence.

Motivated by a set of optimistic values and driven by a passion for people my goal is to inspire an experience for my clients where they get to create the life or business that they love.

I help clients build, confidence, resilience, influence / leadership, personal effectiveness, interaction ability.



Revo one-on-one programmes

Over the course of our 1-2-1 programmes you will get to:

- Refresh & invigorate your self awareness to build your inner confidence.
- Reveal your strengths and blind spots.
- Reset limiting beliefs to courageously move in the direction of your goals.
- Learn the tools to map your personal plan for achieving your goals.

8 or 12 Week Coaching Programmes

- Initial 60-90 min clarification session
- Thereafter - 1 Session per week (45-60min)
- Total 8 or 12 Personalized Sessions
- Designed as Online Meetings for freedom from geographic restrictions
- Includes: Workbook Templates, Accountability & Feedback Emails, Email Support (Office hours)

Choose to benefit from an additional 'deep dive' session each 4-week block for added clarity & accountability

- Week 4, 8 & 12 are BOOSTED to a 60-90 min Deep Dive Accountability Session.
- We focus on your plan and take relevant actions to realign - where necessary.

What you can expect

Clarity on where
you are limiting
yourself.

Clarity on your
habits & mindset.

Clarity on what it
means to have a
wellness mindset.

Commitment to
take intentional
action towards
your goal.

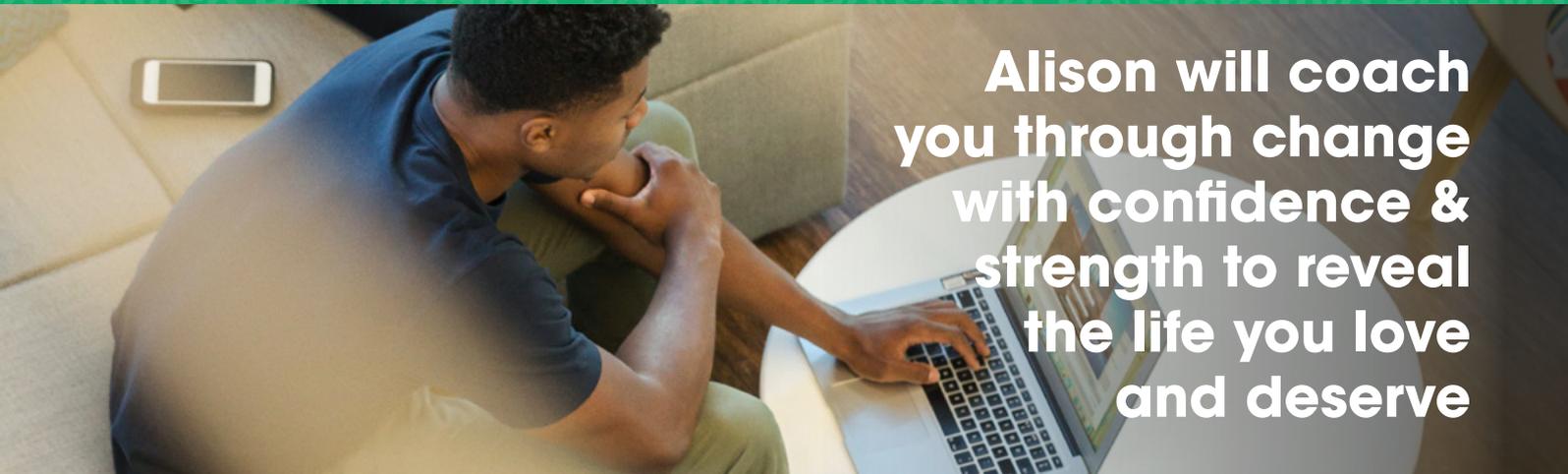
Clarity on what
it means to be
accountable.

Client Testimonials

"Alison has a great ability
to select the important
elements from our
discussions and
help me clarify my thinking"

"Alison's style was
meticulous, encouraging
and questioning, which
helped me tackle my fears
and look for the answers
within me"

"I learned practical tools
for self improvement ... I
learned a more practical
way of thinking with
deliberate intent"



Alison will coach
you through change
with confidence &
strength to reveal
the life you love
and deserve

Contact us

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Revo