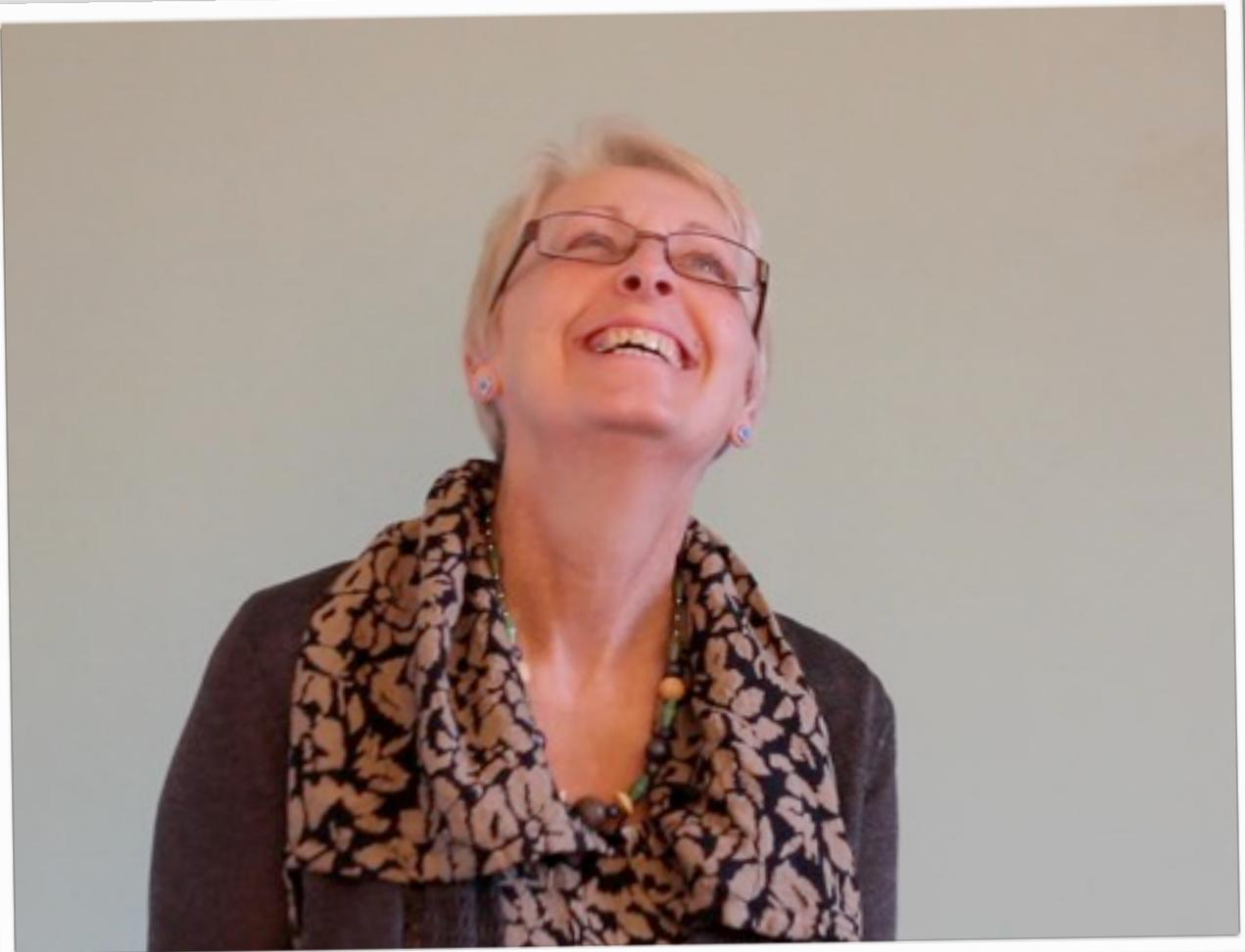


Ali Heathfield Bio and Introduction

ReInvent Yourself



Ali – an Encourager Extraordinaire – encouraging people to become the person they are meant to be. She has recently created new ways to actively support individuals who want to ReInvent themselves. She herself has “ReInvented” a few times – sometimes out of choice and sometimes out of necessity.

Why ReInvent?

We all have periods in our life when we are not quite sure whether we are in the right place – yet familiarity, fear, lack of belief, misunderstanding, self doubt and numerous other reasons often hold us in the same pattern.

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When Might We ReInvent?

Typically after some sort of change or transition. A new relationship, the loss of a relationship, change in her health, change in our circumstance, having children, children leaving home, post menopause, pre retirement or when we choose to leave full time work.

How Do Individual's Recognise The Need To ReInvent?

So many individuals know deep down that their life is not quite what they want it to be. Not necessarily making us unhappy (although sometimes it does) yet not setting us on fire either. Somewhere in ourselves we know that we want to do something else and we don't always know what that is, or what to do or how to make it happen. There are also those people who say something like "I am an xxxxxx but what I would really like to do is xxx" or "I am an accountant by trade but I really enjoy xxxx" or "I have always wanted to xxxx but the time never seems quite right."

How Does Ali Help?

Ali takes all of her experience, knowledge and skills and uses them not only to encourage but also to motivate, train, support and mentor those who are going through a change. She does this through one to one work, online courses, group work, facebook support group and by running weekends and retreats.

Ali's background

Whilst Ali is now devoting her work to ReInvention she brings with her an enormous amount of experience. She has successfully run and sold a profitable business and due to serious illness within her family she has also experienced the loss of a business and a home.

She knows what it is like to be flexible and adaptable as this was certainly necessary when she found herself suddenly living in the Canary Islands for a few years. She has also experienced what it is like to start again as on her return to England she had to build up to date knowledge of business in the UK which eventually led to her once again working for herself.

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Personal Info

On a personal front Ali has been married for what might to many seem a huge amount of years (she married early) and has two married children and two grandchildren. She has experienced the sudden loss of a parent as well as the sadness of loosing a parent and parents in law in their later years. Ali has experienced first hand the challenges that many have to face when dealing with poor health, failing mental capacity and frailty. She understands the strain that ill health, advancing age and the loss of independence can bring to individuals as well as families.

Qualifications

An honours business degree specialising in Marketing (gained late – in her early 40's) – she also holds NLP certifications as a Practitioner, Master Practitioner and Trainer as well as certifications in Neuro–Semantics, Time Line, Hypnosis, Laughter Yoga, Precision Nutrition, Mediation, Emotions and Behaviours at Work and the Henley Certificate in Coaching qualification.

Why Ali?

All of this experience and training comes together to allow Ali to bring a unique aspect to encouraging, supporting, training, coaching and mentoring. She is well placed to share and give individuals the space and support to Reinvent themselves in order to build their most important life yet. She believes that it is never too early or too late to Reinvent Yourself and live the life you are meant to live.

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