

Alison Blackler

2minds

“ I believe in bringing happiness into the workplace. Once an individual and their team are happy – success follows. Contented staff are more effective, co operative, creative, productive and the businesses they work for more profitable. ”

What makes what you do unique?

I combine a vast range of techniques, models, tools and skills to help people to change their behaviours and thoughts and achieve the results they're looking for. Every person, team and business is unique so I tailor my work to the individual needs of that person or organisation. We create behaviours based on who we are and what experiences we have had, although working with me does not mean that you need to tell your story.

How does this differ from motivational or performance training?

I don't deliver traditional training, but instead reflect back to people how they already behave, process information or communicate. Each person working in a company is an individual – we don't all process information the same way. If it sometimes feels like your team are speaking a different language, it's because they are! And I help to explore and resolve this – it's fun and has often been described as 'quite an experience'.

What's the best part of your work?

I enjoy working with individuals or a team to recognise their barriers to success and once they have, be part of building up new approaches. Watching teams play with advanced communication skills and picking up unconscious signals to better understand their colleagues or clients and achieve genuine collaboration - this breakthrough is often a memorable light bulb moment.

How does your personality reflect your business?

We are all aiming for happiness and fulfilment. I believe that everyone has the resources to be their best. I bring passion, drive and energy to the table, with my own personal journey and life experience as part of what I offer. People can reach their

support. It's all about giving people permission to be themselves, be different and to explore what is holding them back from flying, and that means flying in their own way. I have worked with Senior Leaders from a multi national PLC retailer to the small business owner and find no matter what level everyone still has doubt about themselves and fear of failure.

Do you use the same techniques with a CEO as you would the office junior?

I can assist anyone who wants to improve. For people to improve, it often just takes acceptance, and I help people to achieve self belief, and that makes all the difference. It takes courage and forward thinking to create happiness in the workplace, when there are targets to hit, orders to process or the day to day operations to get through. It's incredibly beneficial to invest in the people behind the success and I get tremendous satisfaction from working with people and businesses who want to make it happen.

Some feedback following one to one coaching summed up my work very well:

"Having worked with Alison, I can truly see the benefits of having an alternative coaching relationship. She offers techniques that go beyond the traditional models and

go deeper into those elements that are holding oneself back. You are able to bring into focus your unconsciousness and address elements you may not even be aware of, that drive thoughts, feelings and behaviours. You learn to visualise well, both for self and for others – it engages people better. The new personally-driven techniques to dispel negative emotions allow you to spend your energy on more motivating and rewarding activities."

What is success to you?

I feel strongly about enriching the lives of others and guiding them to take control and reach their full potential; and every successful outcome where clients make personal or organisational changes is an achievement of which I am extremely proud. Working with the resistance to change first, allows for real growth and sustainability.



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