

## Alana Carpenter's Interview – TBA

Hi everyone, my name is Colleen Roberts and I am the creator and founder of [www.colleenscoachingcorner.com](http://www.colleenscoachingcorner.com).

This evening I am interviewing Alana Carpenter from Devonport Tasmania. Alana is a fellow coach who like me has done her training with the Inspired Spirit Coaching Academy (ISCA). This academy has been totally life transforming. It is also so wonderful to be talking with like minded people all over the world with so many different niches and expertise and I feel very privileged to be doing so. .



Alana's Business is: Living Slim – Mindset Coaching

Website: [www.livingslim.com.au](http://www.livingslim.com.au)



Hi Alana welcome to the call and how are you today.

*Alana responds*

**Please tell me what inspired you to create your business and website or how it came to be?**

*Well a few years ago, I was looking for a purpose in my life. When I came across the Inspired Spirit Coaching Academy Website – It had questions such as:*

*Do you Love the Law of Attraction – Do you want to be the best you can be – Do you want to help others create amazing lives, and I said to myself yes, yes, yes, that's me!*

*So I began training and transformed my life and am now teaching others how to create success in their lives with their weight loss goals.*

**What made you become involved in your chosen field or choose what you are doing? What is your story behind it?**

*Struggling with my own weight issues for years, I was always researching how to slim down and be healthy, and when I discovered how to change my mindset and reprogram the subconscious mind I was able to not only lose weight but to also have the self-awareness and understanding how we can manage overeating and emotional eating issues, so that you can keep it off for long term success.*

*And being so passionate about health and how it worked for me is why I wanted to show others that are struggling how to take the next step.*

## Alana Carpenter's Interview – TBA

**Describe your ideal clients, customers or how the information you have learnt can benefit your clients or other people?**

*I wanted a niche system for people struggling with health and weight issues, so instead of re-inventing the wheel, I invested in the support and mentoring from Ultimate Weight Loss – Lose the last 10 kilos business, that provided an already proven system, a 12 step transformational system, The Ultimate Mindset Success Program. So this is exactly what I take my clients through to not only lose weight but to provide them all the tools and strategies they need with confidence and self-esteem they need for long term success.*

**What was your ultimate goal when you decided to open your business and has that goal changed?**

*With coaching I ultimately wanted to uplift and inspire people with energy and enthusiasm to create amazing lives and bodies for themselves. And now even more people can be reached by me teaching other coaches, personal trainers and health professionals to be licensees with Ultimate Weight Loss, so they too can share this amazing program with others.*

*And I'm happy to talk to anyone about that opportunity if they are interested.*

**Would you like to share what community events or charities that you support or sponsor or would like to?**

*Just recently I organised a '5 kilo charity challenge' group coaching sessions, to help support the humor foundation, the clown doctors, that go around to help sick children in hospital.*

**And finally Alana what are your accomplishments or do you have anything that you would like to promote?**

*Having my own business and working with clients for the last 15 years, I learnt most people have similar levels of thinking and having been overweight myself helps me relate to people who struggle with their weight. I know how to get them out of the rut and to help them find the motivation so they can move forward to reach their ultimate weight loss goals.*

*The 12 step Mindset Program isn't just a fad diet program, it's a proven system with mindset principles that has been around for years and provides you with everything you need to understand why you sabotage your weight loss goals and the answers for you to be able to create amazing results in your life.*

## Alana Carpenter's Interview – TBA

*So I'd like to make an offer for anyone that is curious about this revolutionary program-*

*One hour mindset reprogramming session for just \$25 normally valued at \$147. with me one-on-one either in person or over the phone.*

That now brings us to the end of our interview with Alana this evening. Alana can be contacted through her website:

[www.livingslim.com.au](http://www.livingslim.com.au)



So until next time, remember you don't have to do things by yourself - hire a life coach - we are in your corner each step of the way.

Thank you so much Alana. Have a fantastic and wonderful day!!

## Colleen

Prosperity & Self Esteem Life Coach

[www.colleenscoachingcorner.com](http://www.colleenscoachingcorner.com)



If you would you like to change your life and become a Coach with the [Inspired Spirit Coaching Academy](http://www.inspiredspiritcoachingacademy.com) then please click on the link provided.