



Alison Lalieu

Leadership Performance Expert
Executive Coach. Mentor. Facilitator. Trainer

Alison Lalieu is a brain-based NeuroLeadership Coach, who is deeply passionate about blending Emotional Intelligence (EQ), Conversational Intelligence (C-IQ) and Life Balance concepts into a holistic, transformational and life changing Executive Coaching experience. As CEO of UBalancer Solutions, Alison is dedicated to super-charging the effectiveness of business leaders across Australia; through her coaching, Alison is leading the pack by opening her clients eyes to the limitless possibilities that lie before them.

Alison brings a lot of neuroscience to her coaching, to help her clients understand how their brains work and how that knowledge helps them lead from a position of influence.

As the only certified Six Seconds EQ Practitioner in Queensland, Alison is one of the most highly acclaimed content matter experts in the state and brings invaluable experience and wisdom to transform the leadership qualities of her clients. Alison is passionate about developing leaders, not managers – she focuses on the people side, and draws on world tools and strategies to improve relationships, communication, confidence, influence, engagement and most importantly performance.

“As a Coach, I enjoy forming strong alliances with my clients, to gain more insight into their current situation and their vision. To facilitate connection to explore the possibility of change and finding their own path forward while navigating the mixture of feelings that drive our actions”.

Alison is also a Flow Consultant with the Entrepreneur Institute (based in Singapore) and trained to help business leaders to grow trust and ‘flow’ with their teams, partners and customers.

Alison has worked internationally, facilitating Workshops & training Coaches in the UBalancer Life Balance Online tool and philosophies in South Africa, India, UK, New Zealand & Singapore.
Based in Brisbane, QLD.

"I have always struggled with Imposter Syndrome and lack of confidence which was compounded when navigating through a complex working environment. Through Alison's coaching I got greater insight into my strengths and limiting beliefs and shown an array of easy techniques that when put in place gave me greater presence and consequential credibility. Alison enabled me to remember who I was at the core and what I valued. This gave me the basis to stand up taller (literally!), be stronger and be my true authentic self (and be proud of it). It's amazing what change can be made to how you feel within yourself in a few short months which of course leads to improved engagement and performance. I will take all the light bulb moments and techniques I have learnt with me and continue to master it over my working career. Thank you Alison!"

J. C. Coles

Qualifications

BSC Physio (Hons)
Master of Counselling (QUT 2009)
Certified NeuroLeadership Coach (2013)
Certified Six Seconds Assessor,
Practitioner & Network Leader for
Queensland (2015)
Flow Consultant (Entrepreneur Institute
2016)
Conversational Intelligence Practitioner
(Creating WE Institute 2017)

Clients

Department of Prime Minister & Cabinet
Health World Ltd
Powerlink QLD
CBRE
Coles Supermarkets
Tatts Group
St Vincent's Hospital
Maven Dental

Areas of Interest

Emotional Intelligence
Conversational Intelligence
Leadership Potential & Effectiveness
Wholehearted Leadership
Organisational Culture
Life Balance
Lifelong Learner

Why Coaching?

“I feel a strong duty of care to make a difference to the lives of my Clients & am inspired by the journey we can go on together, to explore and create a road map for personal and professional development. My hope is for people to thrive, and I feel privileged to be in a position to be able to motivate & encourage people to truly reach their full potential & strive toward attaining their dream, no matter what that may be”.

LinkedIn

<http://www.linkedin.com/in/alisonlalieu>