



How long have you been doing what you do, and how did you become a Relationship Coach?

To answer this question, it's probably best that I share with you a defining moment, and a resulting "compelling story", that brought me to where I am today – coaching people like you on exactly how to make life-changing mindset shifts and become a conscious creator of their own reality.

Many years ago, I felt stuck and very unhappy with the reality I found myself in. I was married, living in the UK with my husband and our daughter, but had no time as I was always working. I was frustrated with my work-life balance because I missed out on so much family time for a job I was not passionate about nor even liked. How did I get this, how had I become trapped in this life and felt I had no choice over?

Growing up I was always a confident child. My parents always encourage me to think and dream big. With big ambitions, I felt I could do whatever I set my mind to. When I left home, I got my own flat and had a great job working as a department manager for a horticultural firm. I dreamed of becoming a Landscape Architect, so with the support of my family, I left China to come to the UK to study at university. Afterwards, I anticipated I would be able to get a good job and build an amazingly bright future from there. This is not how it was turning out... As luck would have it, I fell in love while back in China, and we knew we wanted to get married. Coming from a traditional Chinese family and needing consent from the family, this was a very emotionally painful time. Our request was met with a lot of resistance, however, in the end, they agreed, and we were married.



We moved back to the UK and had our first child. With my studies over and having set up our home in the UK, I started looking for work. But this was not easy. I struggled to find my way in the career I most wanted and had to take positions that were far below my qualifications. When I had worked back in China, I had senior roles & people respected and looked to me for leadership, but in the UK the culture was different. I had no confidence and felt like I was not good enough! I worked as a waitress and took simple office jobs to help with finances, but I was at rock bottom. I thought about leaving and returning to my homeland, but I knew I would be no better off there, and I had fought hard for my family's permission to marry and move to the UK. I felt alone, lost and trapped in a life I had chosen but no longer wanted.

On 6 February 2015, while I was on holiday with my daughter in China, my husband told me a letter from my doctor had arrived explaining that the results of my cervical screening tests were abnormal and that I was at high risk for cervical cancer. The letter changed my life. I still remember holding the HC2 Test Report in the hospital by myself. I was extremely frightened, but couldn't tell my elderly parents or anyone what I was feeling. I was sitting on the chair at the busy waiting area in the hospital alone, feeling isolated again, helpless, and scared of death. When death comes, no one can help. No one! Suddenly, I heard one calm voice: "You have me!" "Who?" "Yourself!" The voice told me not to be scared, and that everything would be okay. I trusted it.

I am not scared anymore. I found my new self, "Okay, If I am not scared about death, nothing can stop me from living better. I desire a better life!" Soon after I came back to England, I made a decision right then. I will "live every moment, laugh every day, and love beyond words." I am going to create my successful happy life, to make my life meaningful and valuable, no matter what has happened in the past.

I signed up for a gym membership close to my home. I managed to go to the gym three times a week. I lost weight, got fitter and healthier. I managed to teach myself to swim in three months, which is one of my life dreams. I can swim now :) !! I got a better job in the London city center, with a beautiful office and views, brilliant people.



I am more confident than ever; I organize meetings and talk in front of big groups in the UK in English and Chinese. I have quality time to be with my daughter and set up a good home education environment. We sent her to the private school she liked. She is one of the happiest girls in the world, and one of the top students in her school.

There are no arguments or shouting in the house. My husband and I strongly bonded together again, while our relationships with my parents and other family members became harmonious. I am surrounded by positive, supportive best friends.

I started writing a book called *GROW Kids Happily* for children and parents. Your words are seeds for your kids, your emotions are the weather for them. The most important skills are patience, listening, communication and emotional management. I love building and growing my online coaching business. There are many more great things happening.

Oh, Yes, and after regular check-ups for one and a half years, I was found to be cancer-free. One day, my doctor mumbled, “I cannot see any abnormal cells.” She tried again to find some sign of illness but finally signed the release saying, “Okay, I cannot see any abnormal cells, so I have to discharge you from the hospital.” That moment, the inner voice came back again, saying, “Well done. You deserve to live a better life!”

In the last 8 years, I continued to invest in my growth. I studied personal development, life coaching certificates, and NLP leadership training programmes and workshops to understand different methods being used to help people to live the life they desire.

I started teaching other women how to build up a good relationship with themselves, to design their life and achieve what they deserve. I watched their confidence and happiness grow as they succeeded in moving up their career ladder, found their passion, and made a living from their own business! I have since made a commitment to dedicate the rest of my professional life to helping other women



empower their life and enjoy real happiness, confidence, independence, love, and healthy relationships in their house, to be a happy FIRST LADY in their home!!! To be their own CEO and have FREEDOM to create the life and business they've always dreamed of.

I've worked with many private clients, spoken in front of parent groups, single and new mums, self-employed women, and business women. I helped them define their family and personal values in order to transform their environment for their best living from inside and outside. I borrowed from my knowledge of landscape design and created *the **Be the Best Version of You System***, "Live every moment, Laugh every day, and love beyond"! It is a series of inner and outer life landscape building steps that every coach, mother, female entrepreneur, and female student needs to apply to her life landscape to get a beautiful, peaceful, successful life landscape masterpiece.

Who are your clients?

I work with people just like you who want to change, love learning, have a can-do attitude and commit to doing hard work, are teachable, coachable, ambitious, and brave enough to take new challenges with decisiveness and commitment.

Ambitious women who have their own business or career

Mothers who lost their own identity, want to step out housewife life

Mothers who want their kids to be great on their academic education and great relationship with another half

Women who suffer isolation and feel lost

Female Entrepreneurs who want to break through inner blocks

Solopreneurs on a mission

Coaches

Speakers

Oversea female students



What makes you different from other “Success coaches”?

Having experienced the pain of separating from parents and family, and going from isolation to independence, it took me at least 8 years to build up my inner landscape and become a strong, happy, confident and successful lady. I spent around 20 years overseas and worked from the bottom level to be my own CEO. I am a life-learner, qualified life coach, NLP and speaker. Spending more than 10 years working in plant science enabled me to look at life from a different unique perspective. ***I believe happiness and love is the essential of life. With patience, you can grow happiness and love inside of you and therefore you can give to others.***

I'm concerned with how you can use your great potential and focus on what you have and what you desire. You will stop worrying and wasting your time. I will help you analyze your assets and create your beautiful life landscape with joy, gratitude, happiness, as you create a peaceful, successful lifestyle. You will have a totally new relationship with yourself and people around you.

What type of personality do you work best with and what is expected of me?

The ***Be the Best Version of You System*** workshops, products and programs were created for people who are absolutely excited and dead serious about breaking through resistance, to enjoy more peace, love, health and success. It means not running around all day long, beating yourself up anymore, saying to yourself, “I should, but ...”. It means saying goodbye to having anxiety but with no one to talk to about it. It's for people who want to change the meaningless routine of daily life, but do not know how.

They were created for you to put systems in place within a few months (sometimes weeks!), which will eventually lead you to gaining more confidence, happiness, peace, and beauty in your life, so you can create your dream lifestyle. That is what I call FREEDOM.



Being a believer and a high achiever myself, I'm known to work best with other believers and high achievers. People who are committed to their success no matter what, who are super-ready to get going and just want to know exactly what steps to take to a meaningful and successful life. My clients often tell me, "Just tell me what to do and I'll do it!" I always offer my clients the first simple steps. Consider what you'll do with me to be a high-octane crash course on everything you need to know to succeed in your career and home life. You will be expected to take serious and consistent action. No excuses anymore, just a very different way of thinking and full support while you achieve this incredibly exciting goal: confidence, peace, love, happiness and unbeatable to thrive in your life.

For what type of professionals are your programs NOT going to work?

Please know I'm very selective in who I work with and I cherry-pick my clients, choosing to (gently) turn away people who aren't suited for my programs and won't get the results for which they would have signed up for. (It wouldn't be fair to them.) The *Be the Best Version of You* Programs are NOT for those who have no money coming in and are absolutely, financially desperate, at least not right away. It's been my experience that people in a financial crisis do not trust the recommendations I give them and do not do the work (probably because they spend so much time worrying about where they are going to get next month's rent check or mortgage payment.) If you fall within this category, it's absolutely OK. We've all been in times of financial crisis at one point or another. Do yourself (3) favors:

Get some money coming in with a full-time or part-time job at the very least, and then call me. This will take the edge off and provide a little more peace of mind. Mostly, it will declutter your mind enough to focus on your ***Be the Best Version of You System*** assignments and the BIG picture.

When you're ready, call me and we'll get you started. (I'm in no rush and will be here when you need me.) Other types of personalities I won't work with (without



exception) are the whiner or the chronic skeptic, as well as individuals who constantly make excuses for not getting their assignments done or challenging every aspect of the program. If you are one of these people, I gently and respectfully ask that you not call and I hope you understand why. We'll probably just not work well together and I wouldn't want you to waste your time or money. Is that fair?

What results can I expect?

You can expect to:

Gain unshakable confidence in yourself – (a lot of my clients tell me that is worth the investment alone).

Have big breakthroughs and ah ha moments

Health benefits, living stress free

Forgive God & others & find more peace and compassion

Anxiety dissipates and peace and calm sets in

Creating new high standards for yourself

Reaching for your passions in life

Discover yourself & set goals and reach them

Feel empowered & excited about the future

Fall back in love with yourself

Breakout in Creativity Vibrate as a loving being, and become truly unconditionally loving with all your relationships (even the most intense ones that normally trigger you) Develop more compassion for yourself and others

Be clear concise and honest in your communication

Create healthy boundaries

Have more ease and grace in your life

Truly love the version of yourself that shows up to play this game called life

Learn how to say NO and honor your yes and no's

Find your happiness, watch your best life unfold with ease

Connect with your intuition

Create DEEP intimacy and meaning in your personal relationships

Understand how your soul is awakening and developing



End the drama cycles and patterns
Raise your self-esteem and self confidence
Rewrite your story
Open your heart and expand into your TRUE being
How to see your relationships as mirrors and open channels for transformation
Learn proven techniques for releasing your internal resistance and self-sabotaging tendencies so you can take action and start living your passion and purpose with ease. Work smarter at building your practice, not harder
Stay accountable to these goals and achieve them
Receive specific tools, templates and scripts for you to use, teach you fishing, not just give you fish
Learn time-saving techniques that will dramatically cut down your learning curve

Can I contact some of your former clients to see what it's like to work with you?

Yes, I encourage you to! Please go to the Client Testimonials page <http://bit.ly/TestimonialsAlice> and read all of them. See which ones you feel drawn to, either because the person has gotten the results you want to get too, or perhaps because that person is in a similar situation. Then feel free to email or call them and ask what they got from working with me and my programs.

How quickly can I expect results?

That depends on how quickly you can make those inner shifts. Some clients are ready to go and skyrocket their life success in a very short time frame, sometimes even a few weeks while others have a bit more work to do first. It also depends on how far along you are in your life.

How can I guarantee myself that I will get more Confidence and success change, in record time?

Refill happiness and love, become an outstanding wise woman



Do all of your homework. Be totally committed to your success. Understand that this is a process, a proven one, that works if you take action and implement all of the steps. All my clients who have diligently applied every step of *Be the Best Version of You System* have successfully grown into a new higher level of life so they embody happiness, confidence and financial success, and in much less time than they would have on their own, finding deep gratitude for receiving all that they desired.

Alice, based on everything I've read and heard about you, I know you're the one I want to learn from. What are my options for getting started with you?

Congratulations on making a decision for success! I'm happy to work with you to achieve life goals. The best way to work with me is in my 90-day *Be the Best Version of You* program. Here's some of the results you can expect...

You can expect to:

Gain unshakable confidence in yourself – (a lot of my clients tell me that is worth the investment alone).

Have high self-esteem

Have big breakthroughs and ah ha moments

Health benefits, living stress free

Forgive God & others & find more peace and compassion

Anxiety dissipates and peace and calm sets in

Create new high standards for yourself

Reach for your passions in life

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How to see your relationships as mirrors and open channels for transformation
Learn proven techniques for releasing your internal resistance and self-sabotaging tendencies so you can take action and start living your passion and purpose with ease. Work smarter at building your practice, not harder
Stay accountable to these goals and achieve them
Receive specific tools, templates and scripts for you to use, teach you fishing, not just give you fish
Learn time saving techniques that will dramatically cut down your learning curve

OK, I'm ready to do this for myself, but I have a couple of additional questions. Can I call you?

Good, sounds like you're ready to be pulled into your future! Yes, if you have a couple of questions, just message me at 0745545272778 or email me at bebestofyou66@gmail.com and I'll be happy to walk you through the different options to see which one will be the very best for you.

I can't wait to see you be happy and succeed and am honored to be the one to help you. Let's get going!