

Name: Riana Avis

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Specialities: Personal and Executive Performance Coaching, with a focus Change, Personal Development and Communication to help.

***Get Unstuck, Get Clear, Get Confident, Get motivated,
Get Results.***

From Radiographer, to Information Technology, Project, Process and Quality Management in Financial Institutions in South Africa and the United Kingdom, I understand the dichotomy of change: the longing for new horizons, the inertia to get started, the fear of the unknown. In the process I have discovered the innate wisdom that each one of us has deep inside of us if only we dare reach within, coax it out of hiding and use it to navigate the changes required to realise our dreams.

What clients say:

I felt complete overwhelmed by the amount of 'stuff' in my life that I felt had to be done, that I would never be able to get to the end of all my admin. Now I feel that nothing is insurmountable. I also learnt some very helpful tools to help me communicate more easily and somehow stopped giving myself such a hard time and found that I was able to feel proud of what I had achieved. Riana is kind, patient and encouraging – wonderful! I am most grateful.

Fiona

Life coaching has been an empowering experience for me. Week on week I became more aware, relaxed and focused about my life and my various goals. Riana asked me questions around the issues I raised that made me look at things differently and home in on actual areas that caused me stress and dissatisfaction. I would definitely encourage anyone to see a life coach – we all have areas we need to work on. Thank you Riana!

Selina

