

GOING BEYOND BELIEF

ALANA MAI MITCHELL

**RESULTS COACH,
AUTHOR & SPEAKER**





SPEAKER BIO

Alana is a young woman who wears many hats – she is a Results Coach, Author, Podcast Host and Senior Product Development Manager at one of Australia's largest banks. She has over 13 years experience in Digital Financial Services & Coaching.

Previously, she was \$45K in debt and during her fifth involuntary mental health hospitalisation, she was told by doctors that she would be homeless. 2 years later, Alana (now aged 34) bought her own home in Sydney, Australia.

Alana holds a Bachelor of Business (Marketing and Management with distinction) and chose to partially complete her Masters in Anthropology, Development Studies and Cultural Change because she realised she pursued this out of feeling 'not good enough'.

She has spoken live on Studio 10, Channel 10 with Angela Bishop and Tristan MacManus, held virtual talks with 200 people at Westpac, facilitated countless group sessions (at 30 attendees) and given in person talks with 100 people at the Commonwealth Bank.

TOPICS



Alana speaks from deep authenticity and personal experience on:

- Being Brave in mental health (she has well managed schizophrenia)
- Eastern influenced perspectives for the corporate world (she created & hosts a podcast on this)
- Results based intuition (she has totally transformed her life using this)
- Inner resilience & personal growth
- Emotional responsibility in corporate organisations
- Meditation & creativity (she has led numerous meditations)
- Personal development & transformation (she is a coach)

SPEAKING LIVE ON STUDIO 10

<https://fb.watch/8iydc9kBiR>



Studio 10

7h · ⚙️

Alana went from being \$45,000 dollars in debt and going through five involuntary mental health hospitalisations to owning her own home within two years. So how did she do it? [#Studio10](#)



just watched the entire piece again, and I'm so deeply touched and impressed by your grace, humility and strength. You are a gentle, composed powerhouse and have a vision that is much needed in today's corporate grinder! I hope we have cause to connect and collaborate in the near future!

8 h Love Reply

1 ❤️



Zena Chamas

1 d · 👥

For those that asked, [Alana Mai Mitchell](#)'s story on Studio 10 is here. She's a very inspirational woman. My favorite part of her advice is to "take care of yourself" and to "fill your cup". It's so important to invest in yourself.

Olivia Gardiner

And you were incredible! You showed up so powerfully on camera. I love that you asked for that grace to guide you. It did. Well done! 💕

1 d Love Reply

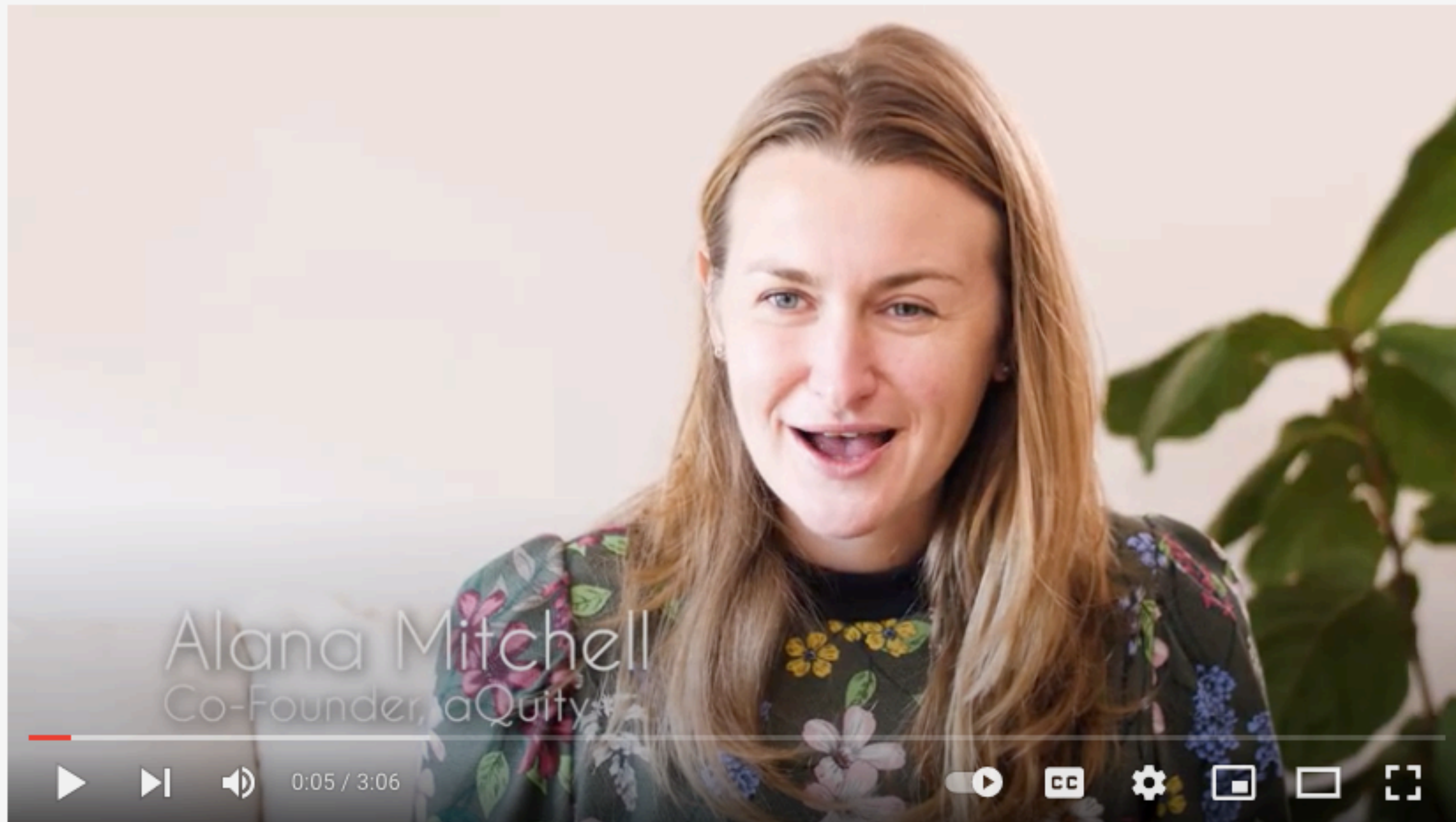
1 ❤️

SPEAKING ABOUT AQUITY COFFEE

<https://youtu.be/Sj0hjjlvbz8>



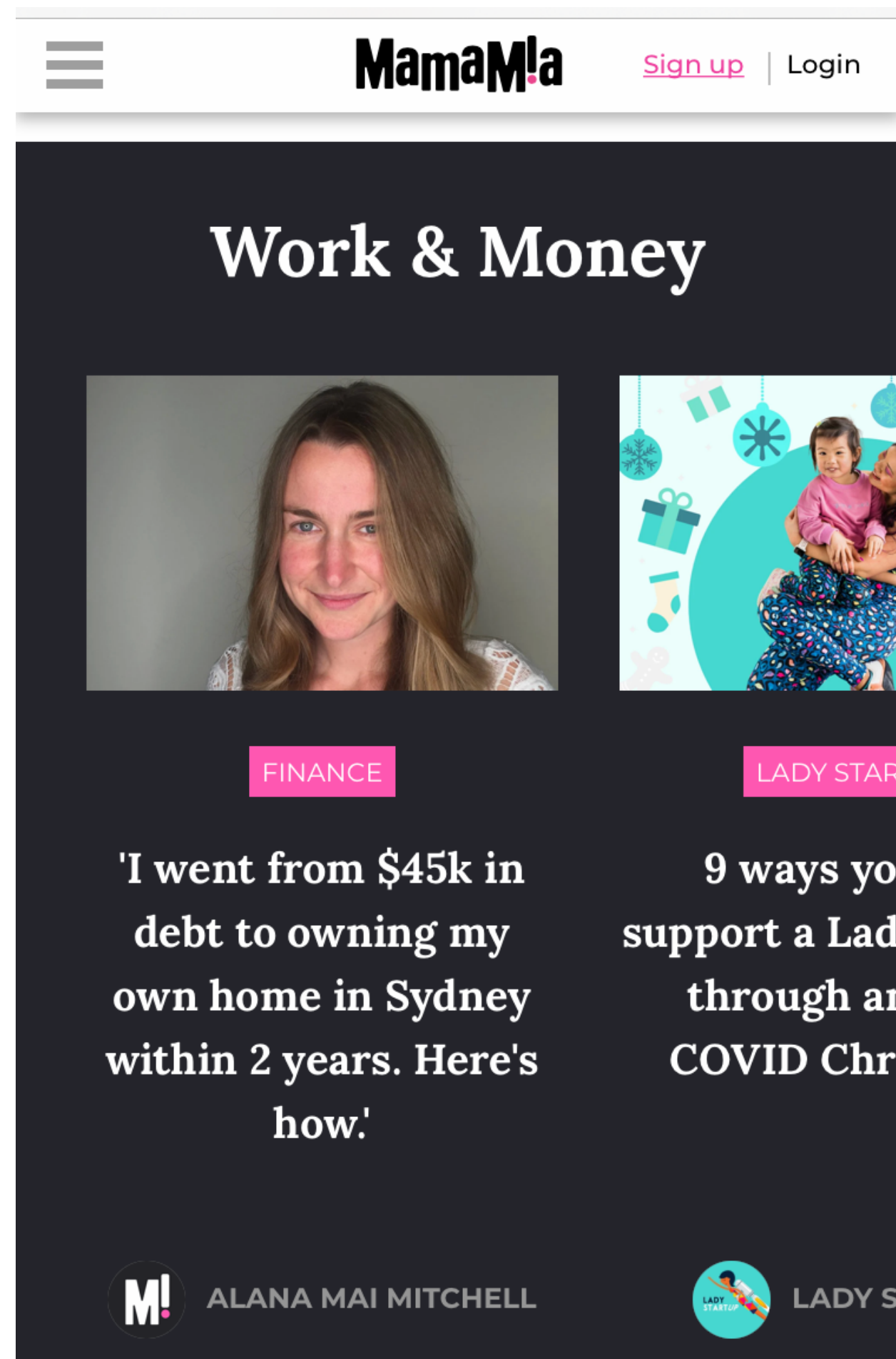
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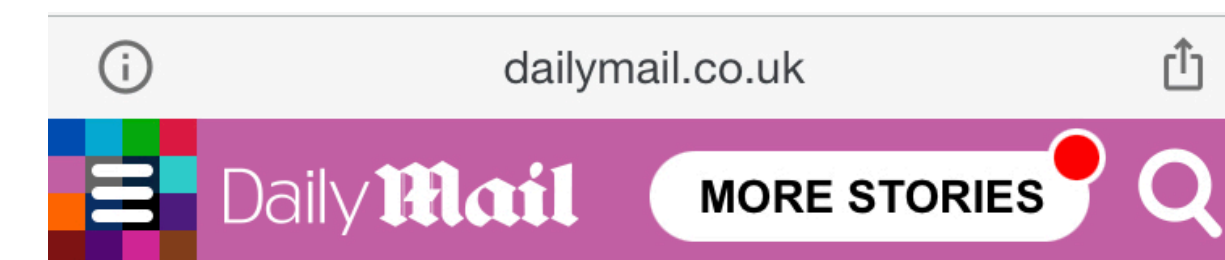
aQuity Coffee's story

THE PRESS IS INTERESTED IN HER STORY

www.mamamia.com.au/getting-out-of-debt



www.dailymail.co.uk/femail/article-9991881/How-woman-bounced-quitting-job-racking-45k-debt-battling-mental-illness.html

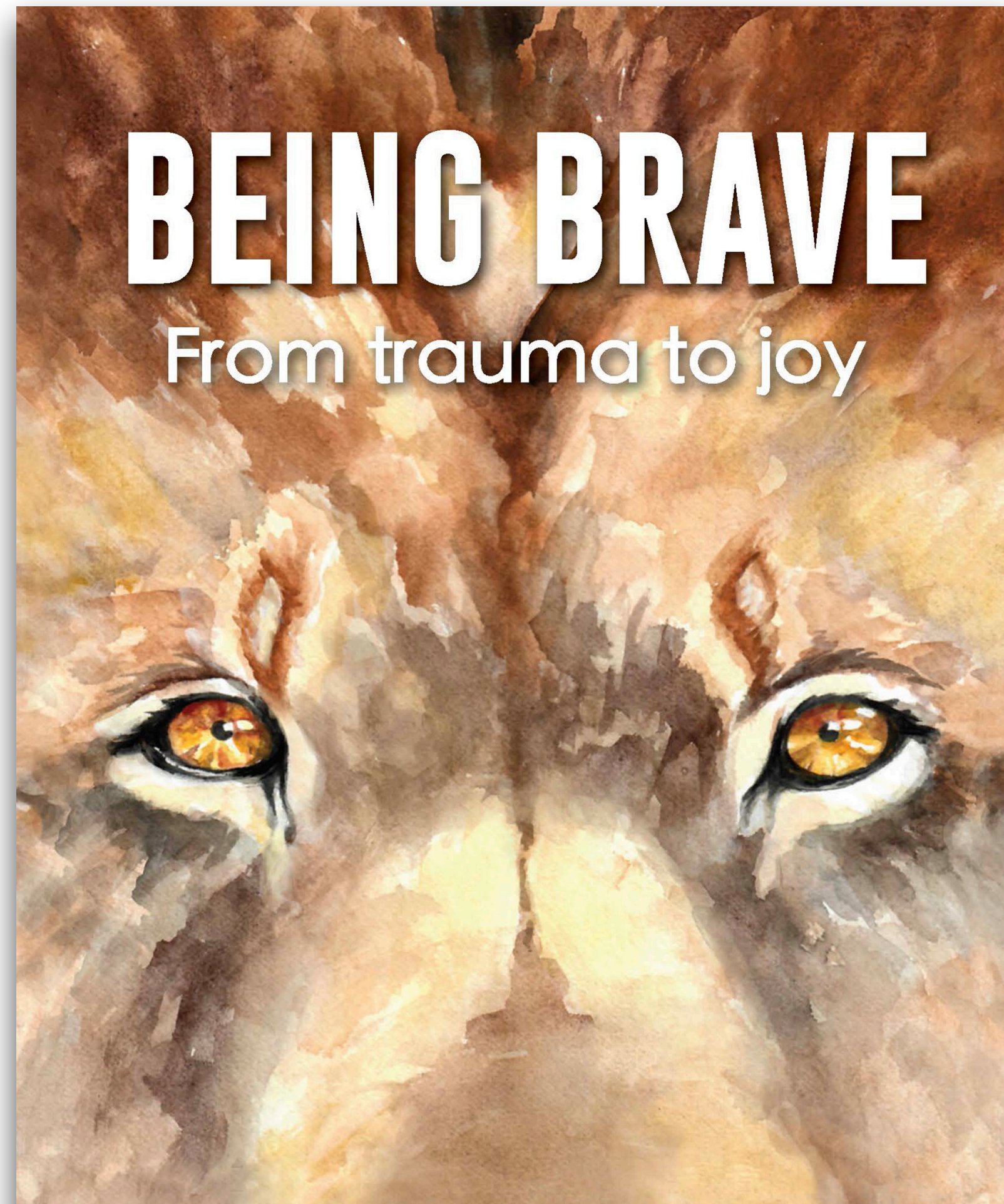


How a young woman went from quitting her corporate job, racking up \$45k in debt and suffering psychotic episodes to buying her own home, reclaiming her health and earning a six-figure salary in two years

By Belinda Cleary For Daily Mail Australia
23:13 18 Sep 2021, updated 23:13 18 Sep 2021



HER BOOK “BEING BRAVE” IS IN ENGLISH & SPANISH



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HER LATEST COVID PROJECT IS A PODCAST FOR CORPORATE LEADERS

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WHERE SHALL WE GO NEXT?



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