

Alycia Hall

Alycia Hall's intuitive and empathetic approach is what makes her a dynamic Life Coach. It is her laser sharp ability to help others find their light that makes her successful in guiding them to discover how to live the life they want. She has always had a talent of using her intuition and ability to create a safe space for powerful transformation, which helps her clients discover the root cause of their barriers.

A visionary with a successful coaching business since 2008, Alycia graduated from the University of British Columbia in 2006 in Kinesiology and Psychology. She is a member at the International Coaching Federation (ICF) and holds an ACC life coaching credential through them. Alycia has always involved herself in the topics of wellness and personal growth by helping others through workshops for various private and public corporations. She is also currently working with the YWCA in Vancouver and is a proud supporter of their involvement in the community.

Alycia's passion for empowering others has given her the ability to help people overcome their obstacles in life. She has studied meditation since the age of 19 and pulls on this method often to show others who are struggling how to let go and heal. Her various coaching methods teach her clients to think more clearly and to make more confident decisions. Alycia also believes that to eliminate your fears you must make a beeline through the fear, instead of working to get around it. Once people learn how to work with their fears they will be able to attain their personal growth goals more quickly.

It is her passion to show you how to rid your life of the things that are not working. Clutter clouds the mind and gets in the way of efficient decision making. De-cluttering negative thoughts and outdated beliefs will bring clarity and solutions to anyone's greatest challenges. Alycia's talent of being able to trace even the most obscure outcome to its humble beginning provides an immediate jumping off point for each client to get down to the knitty gritty and start improving.

Alycia wants you to SEE real improved results in your new life! In order to do this, she effectively creates a unique program for each client that caters to their personal challenges and outlines ways to achieve personal growth and strength goals. Cicero once said, "Nobody can give you wiser advice than yourself." Alycia agrees and will help you tap into your inner self and direct you to a course of bettering your life indefinitely.