

KNOW YOUR STRENGTHS
KNOW WHAT YOUR PASSIONATE ABOUT
AND FIND WAYS TO EXPRESS THEM IN THE WORK YOU DO...



Making work fun...

Life Coach, Health & Fitness Coach, Soft Skills/Personal Development Trainer, Author, Course Designer and Blogger

HOW CAN I SERVE YOU?

As a professional health & fitness advocate and personal development educator, my passion is guiding people towards a healthier lifestyle, inside and out.

As founder of YvonneB Limited, I have, over time, created the 7F Principles to living your best life; being fit & healthy, being fearless, creating freedom, paying it forward, enjoying friends, family & network, having fun, and having faith. And I talk about these in detail in my best-selling book, **'Suck It Up Or Change... If you want a better life YOU create it'**

Prior to going into business, I spent 22 years in the health, leisure, and well-being industry, getting a taste of the many roles that make the industry so exciting and diverse; from receptionist, reception manager, team leader, fitness instructor, personal trainer, exercise to music teacher, client liaison, executive PA in procurement through to office manager looking after a team of admin personnel. I worked for some of the leading health club chains in the UK including The London YMCA, Holmes Place flagship club at Canary Wharf, Espree at Royal Mint Court and The Fitness Centre in Covent Garden.

The vibrancy of the industry captured my heart and even as I moved away from it with my first 2 business ventures (2004-2010), I continued to pursue my own health & fitness adventures and took up running.

By the time I began developing my training & coaching company in 2010, I realised that health had to be a key component in it; it was such an essential part of helping my clients create the lifestyle they desired. Knowing that also led me to study social psychology, positive psychology, leadership skills, NLP coaching & mentoring, as well as becoming a weight loss practitioner. More recently I have retrained in fitness instructing and I am currently renewing my personal training certificate. This has allowed me to work with my clients from

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the inside out; from nutrition, physical activity & mindset right through to goal setting and taking daily action to bring their life vision into reality. I am blessed to do the work I do & the most gratifying thing is seeing the women I work with step into their greatness...

A Favourite Quote: *"Go to the edge and get comfortable with being uncomfortable... the view is spectacular!"*

Testimonials (Contact details available on request)

"I am proud and honoured to endorse my friend and international business partner Yvonne Bignall as a true servant leader in the health & wellness field. We were able to connect and begin to work together after seeing her passion and experience on her social media platforms. And quickly discovered that everything she does is centred around helping others step into their best version of themselves. I have worked alongside her for several months, and am already richly blessed and inspired by Yvonne's dedication and commitment to improving the lives of others. She is the epitome of a leader whom other leaders are looking for!"

Robert Arthur, International Wellness Consultant & Success Mentor

"I have known Yvonne for 20 years, first meeting her in the Health and fitness Industry when we were both fitness figure competitors. She is such a motivated intelligent knowledgeable coach who encourages her clients to reach their full potential to maintaining a healthy lifestyle. In my opinion Yvonne is the full package; someone who cares and carries you through your journey to a better calmer healthy lifestyle and helps you reach and maintain your goals. If you are ready to change to a better healthy lifestyle Yvonne is the lady to get you on track!"

Sheryl Smith – Gymnastics Teacher/Coach

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"Yvonne is a rare person with amazing insight. She knows how to ask the right questions and she truly helped me understand myself better. I was impressed with every session by Yvonne's ability to help me discover solutions to problems in my personal and professional life. She is genuine and compassionate and incredibly optimistic. She always provided well thought out and constructive feedback and guidance. Yvonne took a personal interest in my life and I felt valued and motivated by her enthusiasm. I am honoured to have met this truly amazing woman."

Vickie Ellison – Fitness & Nutrition Coach

"In Yvonne Bignall you will find the ultimate epitome of the motto "Innovation, not Improvement is the Key to Growth" I say this because Yvonne is one of the most energetic, positive, multi-talented individuals that I know. She is both successful entrepreneur, and mega fitness guru, inspirational life and business coach and international best-selling author. She lives life embracing it to the full and will transform your world if you let her in. She has certainly transformed mine in more ways than I could have ever imagined!!"

Eleri Cosslett LLM – Co-Founder Love Entrepreneurs

"We had the pleasure of working with Yvonne in the capacity as a key note speaker, at our Women Mean Biz networking meetings across Bristol, Bath and N. Somerset. The feedback has been very complimentary from our members. Her talks are engaging, relevant, and very appropriate for the audience. What I love about Yvonne though is her energy and professionalism, and she's just so easy to listen to. One member said that she was the best speaker that we've had ... so thanks Yvonne and we'd love to have you back again!"

Philippa Constable – Business Networking Expert, Founder of Women Mean Biz Networking

LinkedIn Profile – Additional Testimonials: <https://www.linkedin.com/in/yvonnebignall/>

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Qualifications

- Level 3 Personal Trainer - Lifetime (currently - 2017)
- Level 2 Fitness Instructor - Lifetime
- Level 5 Advanced Weight Loss Practitioner - Health Science Academy
- Master Life Coach - American University of NLP
- NLP Practitioner - American University of NLP
- CMI Level 5 Coach & Mentor
- ASTD Accredited Course Designer

Sporting Achievements

- London Marathon - 2015
- 10 Mile Rough & Tumble - 2014
- Nike Half Marathon - 2012
- Great South Run - 2009
- Fitness Figure Miss South East Britain 1996
- Fitness Figure Ms Great Britain - 3rd 1995
- Miss Universe Fitness Figure - Finalist 2 years running - 1995 & 1996

Other Achievements

- What's On 4 Me 'Hobby to Business Support Award Winner 2014' (helping women start-ups)
- Best-selling Author - upcoming titles include: 'How to Feel Fab At 50'
- Blogger at Learning to Live A Blissful Life:

<https://learningtoliveablissfullife.wordpress.com/>

Course Creator at Women Rocking Confidence Academy:

<http://yvonnes-women-rocking-confidence-academy.thinkific.com/>

