

 **Alison Bremner**
2010/11 Nominee for the Association for Coaching Honorary Award for Influencing.

Profiles 

[Alison Bremner](#)
[Daniela Yarnold](#)
[Steve Thomson](#)
[Frances Grant](#)

Alison Bremner is the managing director of GAIN, which she founded in 1998 to optimise the growth and development of individuals, businesses, and teams.

A gifted and versatile coach, facilitator and trainer, Alison brings significant positive impacts to the achievements of others. Described as having “listening skills that score 12/10”, and “truly exceptional insight into behaviours”, she works with a diverse range of corporate and self-sponsored clients.

Alison is passionate about “helping people help themselves”; about supporting individuals and groups in creating and realising their vision for the future. In group work, her strengths are in drawing out opportunities and ideas, thereby generating ownership that leads to tangible results. She uses powerful questioning to unlock true potential. Alison coaches people in support of their growth, development and performance. Her coaching is broad-based and integrative in its approach. Her training expertise is in the areas of leadership, interpersonal skills, performance management, coaching, and confidence.

With more than 25 years business experience including 10 years in management in the Oil & Gas industry, and a further 12 years leading GAIN, Alison is a Certified Coach with further qualifications in Stress Management, Psychological Coaching, Myers Briggs, and Insights personality indicators.




 [Printable Version](#)

She is a Fellow of the Chartered Institute of Personnel & Development (FCIPD), a Member of the Association for Coaching (MAC). She was a founding member and Team Co-ordinator for the Association for Coaching Aberdeen branch for it's first 3 years.

Alison lives in Aberdeen with her husband Alan, who is a co-director of GAIN and a keen golfer. She enjoys traveling to new destinations, relaxing outdoors, yoga and tai chi.



 Gain growth; to advance; to progress; to win over; gainful; profitable; advantageous; devoted to gain (plus Gain Coaching Aberdeen logo)

To discover how we can support your specific needs, we need to talk.
[Contact us](#) today or phone +44 (0) 1224 209988