

First Steps: Mental Health and Wellbeing Support

No matter how daunting life can seem, there is always a way forward.

The financial stress from lockdowns is immense, let alone the emotional toll of trying to keep your dream, your team, your family, and yourself emotionally afloat.

It's not fair, and we can't change the past, BUT we can use it for good to reshape a brighter future.

Why Bliss with Pamela?

"Working with Pamela was one of the best life choices I have made. Her genuine warmth and optimistic view on life has inspired me to make some positive changes in my own life, and the tools she has shown me about how to lead a more balanced lifestyle have been invaluable. As a result I am much better equipped to tackle the challenges life throws my way." – K, Auckland.

"I benefited so much from my sessions with you Pamela. I just wish I had consulted you years ago and had the benefit of this creation of freedom in all these areas for more of my life. However, better late than never. So grateful to you." – T, Auckland

"I will always think of her like an angel sent by higher forces. Pam made it very clear to me what my true values in life are, and managed to work out a plan with me on how to approach my work situation short and long term in a way that suddenly made perfect sense to me! All my initial goals for the sessions were met, not by her telling me how to think, but her asking those questions that made me think differently and see the whole picture. It is such a relief for me and it will guide me for the rest of my life. Thank you Pamela!" – A, Sweden

"Pamela is compassionate and kind, and at the same time goes beyond the surface to ask the necessary questions to get to the heart of the issue. She has an extremely positive outlook on solving issues which is contagious. I looked forward to every session, and while some were difficult, Pamela created a safe environment where I could really be myself. Pamela came into my life at a critical time and I will be eternally grateful for her support and guidance." – M, UK



- **Qualifications:**
 - ✧ Industrial and Organisational Psychology Degree
 - B SocSci Science majoring in Human Resources and Psychology
 - ✧ Ongoing wellness training through various best-practice methodologies
- **Experience:**
 - ✧ 20 years helping business owners to live beautiful lives
 - ✧ Hundreds of happy customers
 - ✧ A wise soul with deep personal experience/empathy
- **Style:**
 - ✧ A warm, compassionate and kind presence to help put anyone at ease.
 - ✧ Natural enthusiasm and positive outlook for life to solve even the greatest challenges.
 - ✧ Generous with time and money
 - ✧ Holistic wellbeing approach across business, relationships, mental, physical, emotional and spiritual health so that you can maximise your professional and personal potential.

Please visit www.blisscoaching.co.nz for more testimonials and information.

Process

Best-practice structure mixed with tailored support ensures we get the most from our time together. With an organic approach, we can address whatever is going on in the moment and discuss whatever's on your mind. This provides a richer experience to freely express and connect with what's important and relevant to you right now.

1. Blissful environment

- ✧ No human is at their best under stress, so the first thing I do is to make you feel safe, relaxed, and free to share your greatest frustrations and feelings
- ✧ Face-to-face in peaceful St Heliers, your place, video calls, phone calls, and email/text support
- ✧ One-to-one

2. Best-practice format

- ✧ 90-minute sessions (the most profound insights/learnings often come after 40 minutes)
- ✧ Weekly or fortnightly engagements to maintain momentum and energy levels
- ✧ Minimum six sessions.

3. Deep listening

- ✧ Ensuring you feel fully heard and supported
- ✧ Development of trust and respect
- ✧ Gets everything off your chest (venting is good) and captures essential information early
- ✧ Helps me to cut through the emotional fog to identify the true challenges, obstacles, recurring patterns, and aspirations

4. Storytelling

- ✧ Pamela's stories start to turn vulnerabilities into strengths
- ✧ The stories of others in hard/hopeless situations who got out will help fill you with hope, optimism, and inspiration

5. Reflective conversations

- ✧ Compassionate > Courageous > Challenging
- ✧ This enables people to see things from a different perspective
- ✧ Getting to the heart and soul of core issues to enable healing and fundamental change
- ✧ Raising your awareness and clarity for a deep, significant, and lasting shift
- ✧ Accepting the current situation and embracing the challenge
- ✧ Acknowledging the impact of business on home and personal life
- ✧ Taking ownership of thoughts, feelings, actions, behaviours, themes
- ✧ Challenging common beliefs and assumptions
- ✧ Reframing challenges as opportunities; turning negatives into positives

6. Options and optimism

- ✧ Distinguishing between uncertainty and what we can control
- ✧ Presenting the different paths ahead of you
- ✧ Getting all options out on the table
- ✧ Filling you with hope, excitement, and empowerment
- ✧ A mixture of quick wins and a longer-term plan
- ✧ Includes access to best-practice exercises, templates, techniques, and readings

7. Conscious choices

- ✧ Once the best path is identified, conscious choice techniques are employed to achieve the lasting change you desire
- ✧ New beliefs and a sense of direction (purpose clarity)
- ✧ Personal transformation and accelerated growth

8. Lasting behavioural change

- ✧ Integrating the changes/plans into daily life to ensure sustainable success and life-work balance
- ✧ Reviewing and reflecting on what has been achieved from our work together

This process creates a deep understanding of who we are and how our behaviour, choices, and decisions in life affect us and those around us.

Outcomes

1. Getting you back to a space where you can **be at your best**. From stress to progress.
2. **Quick wins** to feel an immediate impact today and fuel further and ongoing change. More time, more money, more energy, and more happiness overall.
3. An easy, enjoyable, exciting **Wellness Plan** to make improvements that continue well into the future (and can be monitored and reviewed ongoing). This includes:
 - a. A growth mindset (the most essential ingredient for any business owner)
 - b. Effective communication and relationship skills
 - c. Enhanced compassion
 - d. Self-acceptance/embracing your uniqueness
 - e. Mindfulness techniques
 - f. Stress management
 - g. Sleep plan (if relevant)
 - h. Resilience training toolkit
 - i. Maturing of goals
 - j. Personal vision for desired life change

The key is that we take positive steps through these uncertain times with a renewed sense of resilience and optimism to make every day a bit brighter than the last.

Support packages

All support goes through the process listed above and achieves the same outcomes, but there are four timeframe options depending on your availability and desired rate of change.

	Bliss 6		Bliss 8	Bliss 10	Bliss 12
Frequency	Weekly	Fortnightly	Weekly	Weekly	Weekly
Duration	1.5 months	3 months	2 months	2.5 months	3 months

30-minute introduction	Complimentary			
Session length	90 minutes			60 minutes
Sessions	6	8	10	12
Total hours	9+	12+	15+	12+
Investment	\$1980 + GST	\$2640 + GST	\$3300 + GST	\$2640 + GST

Next steps

Every mountain starts with one small step, and every harmony begins with a beat, so if you miss the Bliss, please contact Pamela to book a confidential and no-obligation first chat.

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Take care, and take fun xx

Pamela Hay

Positive Psychology Coach

