



## Unlocking Innate Mental Health, Wellbeing and Resourcefulness

This program is for Auckland business people who are suffering compromised mental health and wellbeing as a result of the Covid pandemic. It uses a personalised and integrated approach to help people increase access to their innate mental health, wellbeing and resourcefulness. As a result people can live happier, more productive and successful lives independent of circumstance.

### Program Structure and Cost

The 3 month program is made up of 3 phases and costs \$3,500 ex GST per person.

**The Discovery Phase** (typically takes about 2 hours, spread out over several days)

- Complete and online survey, watch a FAQ video and attend a free 30 minute introductory consult.
- Establish rapport and safety with each individual and ensure they are a good fit for the program.
- Help the client get clear on their goals so we can meet their needs.
- Orientate the client towards the next phase to help them have a successful learning experience.

**The Foundation Phase**

- An in-person (3-day) or online (5x 1/2 day zoom sessions) facilitated group workshop.
- Interactive exercises so people can experience their built-in mental health and wellbeing.
- Share new tools so people can navigate their lives with less stress and more enjoyment.
- Everyone gets copies of the workshop flip charts and the book Invisible Power for reference.

**The Support Phase**

- This phase last 12 weeks and includes 6 fortnightly group zoom calls to answer questions, reinforce workshop material, plus practical ways people can apply the learnings in their work and personal lives.
- 3x 1:1 phone calls in the first month for each participant so they can discuss any topic in confidence.

### Learning Outcomes

- Realising that you already have mental health and wellbeing inside you.
- Realising the source of stress and anxiety, and how to significantly reduce them.
- Understand what is resilience, how it works, and how to have more of it.
- Understand what is state of mind and how to enjoy a consistently better mood.
- How to use your emotions as a source of intelligence (eQ), problem solving and creativity.
- How to have more clarity so you can use it to support decision making in uncertain times.
- What are insights, and how to have them on a regular and reliable basis for problem solving.
- Deepen your listening and increase your mental reflectivity, agility, creativity and resourcefulness.
- How to increase your energy and motivation levels.

### Evidence

In a recent client survey **95.8% of respondents said this program had an extremely helpful impact** on their overall mental health and wellbeing. Please see client testimonials overleaf.

### Credentials

- I have been running these programs for 10 years.
- Previously I was a SME business consultant for 12 years, so I know this audience well.
- I am a trained facilitator (Diploma Facilitation, Zenergy Global, 2009).
- I have used my innate mental health to rid myself of depression, anxiety and insecurity.
- I have received numerous innate mental health and wellbeing trainings since 2012.

### Contact Details

Greg Menendez, Facilitator, Like Never Before.

Phone: +64-21-644 443; Email: [greg@likeneverbefore.co.nz](mailto:greg@likeneverbefore.co.nz)

## Client testimonials and comments from a recent survey

“It is simple yet life-changing. It is clarity with a life- and relationships-saving power.” **Doctor (General Practitioner), Auckland.**

“After many years of trying to understand my mind through websites, books and cognitive behavioural therapy, this has by far, been the most effective program ever experienced. I have experienced a huge reduction in stress and pressure. Resolving my own depression through understanding my mind has been a massive shift. I'm much less up and down and more level headed going into most situations. This level headed mind set gives me more clarity in situations. Understanding the mind has allowed me to be at peace with myself – which I have not done for years. The ability to sit in solitude and enjoy the calm is purely amazing. I could go on... and on :)” **Graphic Designer & Small Business Owner, Auckland.**

“Through this training I have achieved a state of balanced existence I never thought possible. I am able to deal with difficult encounters with strength that continually surprises me and others. I KNOW I will never suffer from depression again.” **IT & Video Specialist, Small Business Owner, Auckland.**

“Issues that cause mental stress have disappeared since doing this course. I am more at peace than I have ever been. I recognise and deal with signals now that would have just built up and caused me to hit a downward spiral. Before doing this course I had been on anti anxiety meds and antidepressants. I need neither now due to the changes in lifestyle the understanding about my mind has provided me.” **Lawyer & Small Business Owner, Auckland.**

“It is beneficial to have awareness and understanding of the mind. We wouldn't have mental health problems if people understood how their mind works.” **Nurse, Clinical Nurse Specialist, ADHB.**

“A life changing course. Like nothing else I have ever done before.” **Business Consultant & Small Business Owner, Tauranga.**

“I am so much calmer and more focused in my day to day life. I no longer feel 'stressed'. I now have a deep sense of gratitude and do not struggle with depression. I am so much more trusting in life which helps me deal with turmoil in a gentle more productive way. I am so positive and feel alive to life. The deep insights that Greg has revealed are available to me have changed the game for my business. As a copywriter I lean into the insights all the time and produce better work. Greg has transformed how I think and therefore how I am in the world. Having access to insight, being aware of it and trusting it has made me happier, grounded and more productive in all aspects of my life. I love my life - I couldn't be happier.” **Copywriter & Small Business Owner, Auckland.**

“Having worked with Greg, my ability to see and feel my emotions/mental state of mind and notice and reflect on it without weight/stress/anxiety has changed my life. There are still times of course when my thoughts/state of mind feel more stressful, heavy but these are rare and short lived before I'm once again able to see these moments as opportunities for insight, learning, reflection.” **Project Lead, Vodafone.**

“Last year I went through a period of enormous change. I left a company I had worked for for 21 years, was diagnosed and treated for Cancer, Auckland lockdown, started a new role in a very different industry and my daughter left home. Enormous but I'm through the other side, stronger than ever and know the best is yet to come. I'm very grateful for the coaching I received on understanding mind as I really do believe that's what pushed me through, grounded yet always optimistic.” **Project Lead, ASB Bank.**

“I have been working in the field of psychology for over 15 years now and this phenomenal workshop is unlike anything else I've attended. In just two short days I've experienced so many insights plus had a profound shift in consciousness. I've touched limitless joy and creativity. Experiencing these very simple yet powerful principles has been liberating and life changing.” **Research Psychologist, Brain & Mind Research Institute, University of Sydney, Australia.**

“The insight I have gained let me recognised the origin of a deep anxiety of mine and to set free from it. This was life changing and very liberating.” **Chief Technology Officer, Auckland.**