

Unique Service Delivery

Sessions

A session with GMC™ sets new standards in men and family counselling and coaching. Our focus on customer satisfaction and great value is to ensure that you achieve your goal.

Mobile sessions delivery

The service offers a mobile delivery of sessions for your convenience and practical sense. We know you are busy and your career is important. However we also know that, if you are to be successful, you need to feel happy and that you belong. GMC™ can help you achieve both – that's why we come to you. Our mobile counselling and coaching services are designed with you in mind – designed by GMC's Director who has over 25 years of experience in delivering truly beneficial counselling.

Sessions on Demand

GMC™ gives you the convenience to have your coaching and counselling session when you want, at work, at break time, at home, and at playtime. It's a service designed with your success and happiness in mind.

GMC™ sessions are delivered strategically. We take particular pride in our mobile service that can accommodate morning and afternoon tea breaks, lunch breaks and after-hours sessions.

Sessions Types

GMC™ welcomes bookings for:

- individual
- couple
- family, and
- team sessions

GMC™ offers face-to-face, telephone and on-line (skype) counselling and coaching.

Strategies

All strategies have been developed with the great man and his family in mind, one who is looking for a great experience that nourishes both mind and body. Each inspiring GMC™ strategy benefits the man and his family. They set a new standard in consulting.

Our strategies are practical, effective, and last a lifetime. GMC's approach is characterised by touch of excellence – strong like a diamond, and like a shield it protects – it is truly unique and reflects the essence of a great man.

GMC™ delivers coaching and counselling sessions for businesses and institutions that aim to professionally and efficiently meet the career and lifestyle needs of the businessperson, executives and leaders.

GMC™ breaks through the traditional way of delivering coaching and counselling, with in-depth assessment of clients' perspectives, processes and potential.

GMC™ Strategies...

- Are innovative and feature:
 - The Planet GMC™
 - Circle of Greatness™
 - The Ring of Greatness™
 - The Diamond and Shield Awards™
 - Strong environmental and societal concern
- are age-appropriate
- equip you with life skills
- are a life-changing experience
- are character building
- achieve personal best
- transform towards greatness

Be Shaped Into Greatness

GMC™ is committed to shaping men of great potential and from all backgrounds, corporations and institutions, by using our unique perspective and processes for maximising men and their family's potential.

At GMC™, we can pick out a great man from a good man. With years of experience, finding and shaping great men requires a nurturing approach, hours of listening, and developing strategies that work.

You can tell a GMC™ man — because he values his partner, family, friends and colleagues, as well as his career.

- Gain confidence
- Be reliable
- Show compassion
- Put in effort and gain success
- Lead, and be a positive role model
- Recognise growth potential
- Adapt clearer processes to generate solutions
- Develop a better perspective on life and gain positive self esteem
- Develop an attitude of purpose and meaning, and gain personal growth

Be shaped into greatness and be among the greats — seek help, call GMC™
+61438719539

Is GMC™ for you?

GMC™ is for men...

- Men who desire to improve in all aspects in life,
- Men who want stronger, solid, and functional relationships,
- Men who want to be a better parent, partner, brother and son,
- Men who desire increased opportunity for career advancement

GMC™ is for women...

- Women, family members, colleagues, and mates who want to support men make a positive change in all aspects of their life, for the good of the community, their support is welcome and encouraged
- Partners, daughters and mothers who want to support the men in their lives in dealing with issues confronting them, in order to prevent suicide, eliminate domestic violence, address mental health, and improve their wellbeing,
- Women who want to help men in their parenting role, to prevent father-child alienation, and produce responsible, fun and loving fathers, brothers and sons for generation to come

GMC™ is for all...

- For those who want to learn to communicate their feelings and thoughts calmly and effectively,
- For those who want to learn to negotiate and resolve conflict without resorting to anger and violence, and
- For those who want to achieve inner strength, peace, and the drive to be the best they can be.

GMC™ and Your Well-Being

Your mental health and wellness is our priority.

- Achieve mental health and wellbeing
- Manage and reduce stress
- Get a sense of relief by being heard and understood
- Gain inner strength
- Experience inner peace
- Learn healthy expressions of your emotions
- Discover happiness and security

It's not too late! It's time to talk to GMC™— today, not tomorrow. Now, not later. Honestly, there isn't a bad time to seek help from GMC. We can help you take control and improve yourself regardless of your situation. Nevertheless there are circumstances when our help can be more critical.

When to talk to GMC™

Parent

If you're a parent and you are struggling with the challenges of parenthood, we can help. We can equip you with GMC™ approaches that are practical, effective, and which provide value for money.

- If you can't seem to get through to your children, or find their behaviours challenging, we can teach you methods and techniques for guiding them and managing their behaviours safely and effectively.
- If you're observing behaviours in yourself that worry you, such as losing your temper often, hitting, yelling, or swearing excessively at your children, we can help you learn to control your frustrations and channel them into safer and more effective behavior modification techniques. Try the GMC™ Parenting Group or the GMC™ Parenting Sessions.
- Physical and emotional abuse can be hugely scarring for people of any age, and no one wants to inflict that on their children. If you or your loved ones are observing these troubling behaviours, please let us help to find a better way. It's time to contact GMC™ and make some changes before any damage occurs.

If you want the best that you can be and the best out of your child

- If you feel lost, directionless, or as though you've wasted your potential, we can help. We can help you learn about yourself and what you want. We can help you find purpose and give you the tools to strive for that purpose and fulfil your potential.
- If you're feeling lost as to how best to support and inspire your children to be the best that they can be, we can help there too, by helping you learn how and what to teach them so that they can flourish. We will help you become a positive role model to your child.

If you're going through separation

If you've been through or are going through a separation, we can help you face the unique challenges that presents, such as an overwhelming grief and loss of what was once a family. We can help you maintain calm when expressing your thoughts and feelings, to avoid exposing your children to harm, what to tell your children, and how to stay connected with them. Try the GMC™ Conflict Resolution and Mediation. It's a win/win situation.

Fathers

- Fathers are important in the lives of children. In separations, fathers are far more likely to have reduced visitation and access to their children. We can provide support to help you be a part of your children's lives.
- Fathers, we understand you best, so let us help you continue having a meaningful father-child relationship.

Strengthening your relationship

If you're struggling with a relationship, we can help. We have over 25 years' experience and have helped hundreds of relationships.

We can teach you effective communication and conflict resolution skills to help you repair a struggling relationship, relate to and understand your partner, and be better understood yourself. Learn the GMC™ approaches to gain an advantage.

If you are considering a separation or need support to deal with post-separation

- We can help support you as you navigate the difficulties that arise in the aftermath of an ended relationship. We are here to listen and nurture you while you're going through a rough time.
- An ended relationship often results in enormous emotional and mental trauma. We can help you address that, and to heal. Experience the GMC™ nurturing approach.
- There can be fallout in your social and family circles from an ended relationship. Sometimes it can be painful or awkward around mutual friends, or you may lose some friends entirely. You may have disapproving or unintentionally hurtful family members. We can help you navigate these delicate situations in a healthy and effective manner. Don't feel alone — let us help you.

An ended relationship can often result in legal complications from mutual property or child custody. We can help support you through these difficulties.

If you're struggling with mental or emotional problems, we can help.

- Your mental health and wellness is our priority.
- If you're feeling depressed or worthless, or if you are having thoughts of suicide, please speak with us. We can help you address your problems, heal your wounds, and improve your life.
- If you're feeling isolated and alone, we can be there for you and provide the support that you need. We can also help you learn how to develop new friendships, as well as reinvigorate and strengthen old ones.

GMC™ has over 25 years' experience of dealing with these issues. GMC™ understands – wouldn't you rather go where you are heard and understood? Request a private and confidential counselling. Call GMC™ now and feel better.

Understanding the Past

Experience speaks for itself-whatever happened in the past GMC is here to help with the healing process and any change that comes with it. We help you understand your past for a brighter future.

Emotional abuse

If you, or if you suspect a member of the family, especially a young person, or a friend has experienced or is experiencing emotional abuse it is important for that person to seek help. Request private and confidential assistance – GMC™ is a suicide prevention service. Call + 61-0438 719 539 for help.

Seek a GMC™ counsellor to assist you to:

- make changes from an unsafe and emotionally damaging environment to a GMC™-designed atmosphere that promotes warmth, love and respect,
- learn the GMC™ Parenting Skills for men that are not only effective, but will make your friends ask where you learned the strategies you used, and
- say NO to severe discipline approach, and YES to the GMC™ parenting approach.
- Mental cruelty is shaming and humiliating. So too are screaming and swearing when they are directed at anyone, especial to a child. This can be replaced by learning the GMC™ Way.
- Remember that emotional abuse is not only damaging, but has profound effects on the lives of people around you
- If you need a better way of expressing your thoughts and feelings about a person or a situation, the GMC™ perspectives and processes will not only transform you into a great man, they will give you inner peace, happiness, and focus to achieve your goals in life. Call for private and confidential help: +61 0438 719 539.
- The sensitive and private nature of emotional abuse may require private and confidential counselling. GMC™ provides help with suicide prevention.

Physical abuse

If you, or you suspect anyone in the family, especially a young person, or a friend has experienced or is experiencing physical abuse, it is important that help is sought immediately. Call GMC™ for private and confidential assistance.

- GMC™ approaches provide help with dealing with violent behaviours, smacking, hitting, pushing, and other displays of aggression, sexual assault, drugs and alcohol abuse, criminal acts, and suicide (self-harm). Contact GMC™ now.
- GMC™ provides alternative approaches to make significant changes towards living a calm and productive life.
- Enroll in our Parenting for Men course.
- Find out the consequences of emotional, physical and psychological consequences later in life. Call for private and confidential counselling: +61 0438 719 539

Sexual abuse

- If you or know a member of the family, especially a young person, or a friend has experienced or is experiencing sexual abuse, it is important that they seek help immediately. Call for private and confidential counselling: +61 0438 719 539
- GMC™ understands that disclosure is difficult, for fear of not being believed or that the perpetrator has control over the victim.
- Learn the consequences of sexual abuse on children in later life.
- Stop and prevent sexual abuse. Request private and confidential assistance – GMC™ is a suicide prevention service. Call + 61-0438 719 539 for help.
- The negative consequences of any form of abuse later in life
- Studies have identified a correlation between severe or prolonged emotional, physical and sexual abuse, and poor career prospects.

GMC™ has over 25 years' experience in dealing with these issues. GMC™ can best understand you – you wouldn't want to go anywhere else. Request private and confidential assistance – call GMC™ now and feel better.

Self-Harm and suicide ideation

Please, you must give GMC™ a chance to help you. GMC™ understands what you're going through. If you haven't spoken to GMC™-you must not give up. Allow us to help you. Call us now on +61-(0) 438719539