

One Stop Greatness Recharge

It's your One Stop Greatness Recharge. Where greatness is measured by the number of life's challenges an individual faces in which he or she seeks help from GMC™ through **counselling** and **coaching**.

*For **great men** to be successful, they need to belong.
Even **great men** seek help to be happy.*

- We ensure you maintain a healthy mind and body, as they are important and crucial for career advancement and for the survival of the family.
- You enjoy the security of a strong relationship—it's best for a man's career, family, children, and the community.

Some key features:

- It's a One-Stop Greatness Recharge
- Provides opportunities for success
- Opens doors for career advancement
- You'll feel you belong in a team
- Builds stronger relationships
- Builds nurturing father and child relationships
- Is supportive of men and their families
- A place where men and their family can get help
- A place where you get answers to your issues

Men and Family Specialist

GMC™ provides unique, specialised consulting services that include counselling and career coaching services, case management and support to men, their partners, children, mates, colleagues and significant others, with a specific focus on supporting men on issues such as relationships, parenting, substance misuse, violence, career advancement, mental health and wellbeing, and suicide prevention.

- We facilitate support groups for males who have experienced relationship breakdown, separation from their children or having access visit difficulties, and drug and substance misuse.
- GMC™ provides an excellent service to men and their family in order to achieve mental health and wellbeing. This includes:
 - Family support
 - Positive parenting
 - Prevention
 - Early intervention
 - Critical response

- GMC™ focuses on providing appropriate services for men experiencing workplace issues, career advancement, team inclusion, and other social and group belonging enhancement.
- GMC™ recognises that women (partners, daughters, sisters, mothers, and friends) are important to improving a man's wellbeing and health.
- At GMC, we welcome the support of mothers, partners, sisters and daughters in initiating the process to seek help for the men in their life.

Partner for Success and Greatness

GMC™ is a welcome partner for success at home, at work and at play for those who value and appreciate innovative consulting and counselling approaches. We know you are busy and your career is important. However, we also know that for you 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 delivery are designed with you in mind – designed by the GMC™ Director who has over 25 years' experience in delivering truly beneficial counselling.

GMC™ is more than just a consulting service – we are your partner to success and greatness, tailored to suit individual needs.

Choose from the following:

- Individual session
- Couple session
- Family session
- A team of 10 persons
- Mobile delivery of sessions - we come to you
- On-site delivery - you come to us
- Face-to-face and online delivery of sessions

GMC™ gives you the freedom to have your coaching and counselling session when you want it, at work, at break time, at home, and at play time. A service that is designed with your success and happiness in mind.

The GMC™ strategies:

- are practical, effective and last a lifetime. They are characterised by their touch of excellence, with the clarity of a diamond and the strength of a shield – truly unique, and reflecting the essence of a great man,
- deliver real results, and
- meet personal, family and professional needs.

GMC™ Men and Family is designed to implement services that enhance men and their families' overall wellbeing, and which include self-care, and monitoring progress in attaining their goals and objectives in life.

Focus

- Our primary focus is on customer satisfaction and a lifetime of value.
- We are committed to providing outstanding relationship strengthening and career advancement
- We focus on making GMC™ a must for all men and families.
- GMC™ focuses on developing intervention strategies and support for partners, friends and family, in acknowledging and addressing the generational effects of emotional, physical and sexual abuse on people's lives, careers and relationships.

Features

Our innovative features enable us to achieve our unique goals of transforming every man who pursues the GMC™ approaches into personal greatness.

GMC™ presents its 5 Innovative Features

Welcome to Planet GMC™

- Where men come to change for the better and be transformed
- The only place where you feel better
- The only place where you feel nurtured, heard and understood
- The only place to achieve greatness and be great

Whatever brings you to our planet GMC™, expect to receive a calm, inspiring, and supportive service that you won't find anywhere else.

The Ring of Greatness™: a 5-step program that includes:

- counselling
- coaching
- self-care and protection
- men's parenting
- concern about nature and the environment

Circle of Greatness™ (Exclusive for members)

Diamond and Shield Reward System™ (Exclusive for members)

Strong environmental and societal concern

- We are concerned about nature and the environment
- We are concerned for the safety of children, women and the vulnerable
- We are concerned about men's mental health and wellbeing

- GMC™ has a societal responsibility that is grounded in the belief that: a sustainability-driven practice benefits the customer and society, and in the process of providing services to customers, we have the society and environment's interest in mind.

Other features include:

- Face-to-face counselling and support to men and families
- Telephone and on-line counselling
- Discreet and confidential
- Convenient and accessible
- Flexible with time and delivery
- Mobile location – We come to you

Easy to booking appointments and more information via:

- Email
- Website
- Text
- Phone call

At GMC™, we are proud of our unique and effective counselling and coaching services:

- staffed by experienced counsellors and coaches who embody professional approaches,
- thorough assessments and observations,
- positive experience.

GMC™ is:

- educational, and a source of knowledge and learning,
- skilled and experienced in teaching life skills that are created just for men and their families,
- a centre of value-for-life, and
- a great service for great men.

If you want the above value for money – call GMC™ now.

Benefits

Experience human interaction

Hear a human voice and be heard
Look at a human face
Feel that human sensitivity
Feel welcomed, supported, nurtured and understood
Gain a sense of relief and feel validated
Feel renewed, inspired and energised

Critical Response

When you wish for someone to talk to —someone who will listen and understand what is troubling you at that very moment. Someone who is professional, experienced, competent, supportive, and who understands men. Receive instant relief from your issues.

Timely Service

There's no longer any need to agonise on issues that are bothering you. GMC™ is ready to respond when you

Meets your professional needs

- Get the GMC™ professional opinion
- See noticeable results
- Gain leadership
- Achieve success
- Be in control
- Be fulfilled in all your roles
- Be part of likeminded greatness