

Counselling

Individual

GMC™ provides a safe, supportive environment to help you address the variety of issues that life can throw at you. If you're struggling with depression, anxiety, substance abuse, anger management, or even if you're just stressed at work and feeling like life is overwhelming. Here's how we can help...

The Ring of Greatness™ – includes developmental life span, cognitive behavioural and family system approaches that help you learn about yourself, about your processes and reactions. When you understand yourself and why you're feeling and reacting to situations as you do, you take the first step towards addressing your issues. Then we can work with you using GMC™ strategies and approaches to help you develop the skills to address these issues and take back control of your life.

Receive instant relief from your issues. We can help (GMC™ is a suicide and violence prevention service. Call now and be heard - +61 (0)438 719 539)

Couple

Relationships can be a source of immense strength and joy in life. They can also be a source of immense stress and unhappiness. Whether your relationship is struggling, or just in need of a polish to bring back the sparkle, we can help.

We can help:

- Develop your communication skills, so that you can better understand your partner, and help them to understand you, your perspective, and your needs.
- We can enhance your conflict resolution skills, so that the disagreements that are inevitable in any relationship can be addressed before they escalate to major fights that can leave knots of resentment, discontent, and distrust.
- We ensure you experience a fair counselling process where your views are expressed in a calm way and where both sides are heard on equal time. 'It's always the man's fault. I'm ignored and unable to get a word in edge-wise'. You won't find that at GMC™ because we understand men – we understand that men bring a different perspective to relationships. Men have different processes and methods for expressing themselves and solving problems.
- We will work with you and your partner to make sure that everyone has a voice in keeping the relationship healthy, so that problems actually get addressed instead of appeasing one partner at the expense of the other.

Whether you're currently in a relationship or just trying to improve yourself in preparation for finding one, we can help impart to you the skills you'll need for a happy, healthy relationship.

Fathers and Family

We've worked with many families in our 25+ years of counselling. We've seen all kinds of families and situations, whether prosperous or struggling, estranged or going through a stressful divorce and other legal proceedings, with children with challenging behaviours and/or siblings in an on-going conflict. We've travelled the world and dealt with families from many cultures and backgrounds, so whatever kind of family you have, we can help.

Fathers are most welcome at Planet GMC™. You will find the atmosphere healing and accepting. Both mothers and fathers love their children, and are important to their development. We at GMC™ know that fathers are great for children and the community.

Fathers love their families as much as anyone, and the unique perspectives they develop from their roles in life are just as important to the health and wellbeing of the family and its children.

With GMC™ **Parenting for men**, fathers learn the skills to effectively impart their knowledge and guidance to their children, and to connect healthily with children with challenging behaviours.

We can help:

- Teach your family members the communication skills they need to resolve the conflicts that inevitably arise in the family.
- Address and minimise the causes and consequences of emotional, physical or sexual abuse.
- Children learn to resolve their differences without fighting or rivalry.
- Develop your children's social and organisational skills to thrive at school, nurture strong friendships, and deal with bullying.
- Both parents and children navigate the struggles and challenges of adolescence.
- Develop a meaningful relationship with children.

Coaching

We at GMC™ know you are already good. But you want to be better, to be the best you can be, and great in all aspect of life. We can help you focus on achieving your goals by working on improving your performance. We understand the underlying forces that drive an individual to improve, excel, and progress forward. What's more, we have the mechanism to ensure you have continued improvement and growth in your chosen career. We help you...

Maximise your potential

GMC™ helps...

- you to be solutions-focused,
- maximize your potential,
- establish your goals and focus on the future,
- investigate and assess what is limiting you from achieving your goals and reaching your full potential, and
- develop strategies and skills on how to lead a successful life.

While away from home, take time to reflect and seek assistance from a GMC™ consultant to talk about ways to strengthen your relationships and at the same time maximise your potential.

Whether you're at home, work or at play, GMC™-your partner for success is just a phone call, email or text away. Book an appointment to re-charge on the following:

Lifestyle change

- GMC™ helps you with looking fit and maintaining a safe and healthy lifestyle
- Look good, attractive, and feel confident

Social needs

- Be among the greats
- Encourage social inclusion. You'll never be alone
- Belong, and be part of a team and group
- Be inspired
- Enjoy life safely and healthily
- Enjoy needing to belong and receiving affection
- Rediscover the meaning and purpose in life

Emotional needs

- Be the best father, the best partner, the best boss you can be
- Achieve a closer and solid relationship with you partner
- Develop a stronger and meaningful father-child relationship
- Feel nurtured
- Feel special
- Be understood, nurtured and heard

Knowledge

- Discover your unique self
- Understand what's holding you from moving forward and upward in your career
- Discover your strength and those of people around you – your progress to success
- Discover the world from a great man's perspective
- Realise your potential – it's your time to sparkle and GMC™ will help you get there

GMC™ understands men best

Acknowledging emotional pain and losses

GMC™ acknowledges:

- a high suicide rate among men,
- that men are more prone to crime related activities than women
- that men are less likely to see their children or be involved in their growing up due to their societal role,
- that fathers have little or no support in gaining visitation rights after a relationship breakdown,
- that fathers tend to be separated from their children after a relationship breakdown,
- that men are less likely to seek help than women, to deal with a breakdown in relationships with their partners, their children, or with their sibling,
- that men are less likely to seek help with addressing drug and alcohol misuse, mental health, or suicide prevention, and
- that men have fewer support services than women and children.

Challenges faced by men

GMC™ recognises problems and challenges faced by men, such as:

- too many men are represented in the legal system,
- too many men are represented in the corrective services,
- the high suicide rate among men,
- increased relationship breakdowns,
- increased violence perpetrated by men,
- too many children are separated and alienated from their fathers,
- an increase in the misuse of alcohol and drugs,
- low self-esteem,
- a lack of sense of belonging,
- loneliness,
- a disconnectedness from loved ones,
- a disconnectedness from the community,
- increased mental health problems, and
- poor wellbeing.

Life before GMC™

Do you feel and think this way

- that you are always being blamed,
- always at fault,
- marginalised,
- feared,
- alone,
- lonely,
- neglected and ignored
- that no-one listens,
- that no one understands?
- what's the point?
- life's too hard
- that there's no point in living?

Do you process issues by...

- Avoiding the problem
- Ignoring the problem – 'It will go away'
- Believing you won't get caught
- Putting it off – like making an appointment for counselling
- Suffering in silence
- Having ideas of suicide
- Self-harming
- Turning to alcohol or drugs to solve the problem
- Waiting until the problem reaches the critical point
- Believing that your children will understand why

Then it's time to talk to a GMC™ consultant

Give GMC™ a chance to help you