



Dream Run

Understanding how the mind works changes everything, for good.

Have you ever wondered how stress is created? Or more importantly how to reduce, even eliminate it?

Stress is a product of the mind. The mind can create pressure, stress, frustration, anger, confusion and anxiety just as easily as it can create calm, creativity, clarity, happiness, motivation, health and wellbeing.

Experiencing how the mind truly works means we enjoy less of the unhelpful and more of the helpful. As a result, everything in life improves.

We naturally become more present and happier without having to 'do' anything. We listen more deeply and connect to others more richly. We enjoy more insights ('ah-ha' moments) which redefines our potential and how we go about realising it.

Performance, creativity and productivity lift to new sustainable highs. We are able to get the best out of ourselves with less on our mind. In turn we can help others to get the best out of themselves too. This is authentic and powerful leadership in action.

On this retreat you will learn a simple yet profound new understanding of psychology that explains all human experience. It's technique free, plus it's relevant across all areas of life - work, home and play.

This retreat is a must for anyone interested in realising their potential by getting the best out of themselves; their health; relationships; teams; cultures and life. It's ideal for entrepreneurs; business owners; leaders; teams; individuals and parents alike.

What clients are saying

“ **This unlocks success in love, leadership & life** ”
Yaseen Abbas, Leader, Vodafone, Auckland, NZ

“Greg is without doubt the best coach I have ever used - gracious and intuitive. The truth he shares is profound and life changing.” Tatiana Lomasko, PhD MBA, CEO TRi Science to Business, Rotorua, NZ.

“In a moment my life changed dramatically for the better. It's a game changer. Words can't describe how good this is and it keeps getting better.” David Blair, Business Owner, Auckland, NZ.

“The best personal and leadership development I've ever experienced.” Julie Mills, Leader, 2 Degrees, Rotorua, NZ.

“I'm enjoying more success everywhere in life, with less effort!” Richard Johnson, Director, Mindfull, Auckland, NZ.

“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.” Natalia Zmicerevska, Research Psychologist, Brain & Mind Research Institute, University of Sydney, Australia.



The mind is pure potential and it's available to us in each moment. Experiencing the truth of this natural phenomenon enables us to bring our best to life. The Dream Run program comprises the foundational 3-day retreat followed by 1:1 coaching.

Your facilitator & coach

When **Greg Menendez** was just 5 years old he asked his father, a Doctor, “Why do we have two brains?” pointing to the ‘squiggly bit’ in the head and the stomach! Since then he has held a deep fascination for how the ‘second brain’, and now mind, works.



This fascination in human behaviour led to a career in marketing, culminating with Greg being the Marketing Director at Nike New Zealand.

There’s an old adage in branding which says “Strong brands are built upon an emotional connection”. So Greg sought to understand how people emotionally connect, so he could grow the most potent brands.

This had him look at psychology which he found underwhelming, as it was full of competing theories that only worked some of the time, at best.

Fast forward and Greg has spent over 25 years advising business owners and leaders in brand strategy. It was here that Greg observed a curious pattern where performance varied greatly both across *and* within his clients. This variability didn’t appear to be related to intelligence, industry experience or resources. What was causing this variation in human performance was a question that captured Greg’s intrigue.

Greg continued to explore psychology and was fortunate to come across a new paradigm for human psychology that profoundly changed his life. It also explained the variation in performance he witnessed in his clients and himself.

Greg was so impacted by this understanding that he now shares it full time.

“When people understand how the mind works, it’s like getting the manual for the human operating system. People naturally calm down and get out of their own way. From this place of being more present, we are flooded with good feelings, creativity, clarity, motivation and insight. It’s the most profound thing I’ve ever experienced and I love sharing it with others” says Greg.

Greg’s passion is to help people, teams and cultures realise their potential. He lives in Katikati New Zealand with his wife Anna and their 3 boys Jethro, Rico and Milan.

A Transformational Experience

We offer two options giving you the opportunity to experience this life-changing psychological truth.

The **Leadership** program comprises: meet & greet; goal setting; 3-day retreat and 6 months 1:1 coaching. This is recommended for CEO’s; senior and emerging leaders; entrepreneurs; business owner/operators; consultants, board members and investors.

For individuals we recommend the **Life** program comprising the 3-day retreat and one follow-up 1:1 coaching call. Coaching is via audio calls and additional coaching packages are available.

Retreat Dates

Piha, Auckland: Thu 16 - Sat 18 May 2024

Times: 9am - 4:30pm each day

Catering: Coffee, tea and healthy snacks are provided. Main meals are self-catered.

Accommodation: You are encouraged to stay at Piha so you can fully disconnect from work and home life. This makes your experience more immersive and retreat-like. Rooms are available for rent - please enquire, otherwise search for Piha on AirBnB.

Investment

Pay now and save, or pay in 6 monthly instalments (see below). Preference is given to Leadership program attendees. Payment secures your place.

Investment	Life	Leadership
Pay now (ex GST)	\$2,495	\$7,495
<i>including GST</i>	<i>\$2,869.25</i>	<i>\$8,619.25</i>
Pay monthly x6 (exGST)	\$500	\$1,500
<i>including GST</i>	<i>\$575.00</i>	<i>\$1,725.00</i>

A Doctor’s Experience

This workshop has been one of the best things I have done for myself. I have learned to question my thinking, be a better listener and be present in the moment. I feel I am a better partner, parent and doctor. I know it can only get better from here and now, and I am very grateful to Greg for guiding me on this insightful journey. **Daria Kelly, MBCHB, General Practitioner, Auckland, NZ**

Interested to know more? / Registration

To register or schedule a free no obligation discovery call, please email Greg at greg@likeneverbefore.co.nz or message him on +64-21-644 443. Numbers are limited so please act quickly to secure your place. See website for terms and conditions. Thank you.