

Gina Gardiner -

I am a multiple No 1 Best Selling Author, Motivational Speaker, Empowerment Coach, Founder of The Thrive Together Tribe and creator of The Enlightened Leadership Programme. My journey has not been an easy one.

I became the youngest Deputy Head Teacher (Deputy Principal) of the largest school in the district aged 29 in September 1982. I had a serious ski accident in February 1983 when I fell between 150 and 200 feet down a black run when the mogul I was sitting on gave way. I became the Head Teacher of the school 7 months later when the Head died suddenly in his sleep. I ran the school for 21 years mostly from a wheelchair.

Necessity is the mother of invention. The greatest gift of my disability was the creation of a very different approach to helping people step into their genuine power. This facilitated a unique and highly peffective leadership programme, based on mutual respect and people taking radical responsibility for their performance and a shared responsibility for the success of the school.

That the strategies were successful, and the success was sustained was demonstrated as the school won several accolades including being on Her Majesties' Inspectorate's (HMI) 'Best 100 Schools (In England,)' list, twice during my leadership.

The school was one of only 75 schools nationally to achieve Beacon Status which meant that I worked with large numbers of Heads, teachers and governors and with whole schools helping them develop their own leadership programmes to improve standards of leadership. I also undertook a range of roles to bring an income into the school and to ensure we remained at the cutting edge. These included being an Ofsted Inspector, Workforce Reform Advisor, Trainer Facilitator for the National College of Leadership and a Trainer, assessor for The London Institute.

In response to the school's success I was invited to Buckingham Palace to a drinks reception with Queen Elizabeth and Prince Philip and to spend the day at Highgrove and to a reception with the then Prince Charles soon to be crowned King. Both experiences were absolutely wonderful.

Work was great pain control, I became very good at switching my body off whilst I was working but it was taking its toll. I left Headship in 2004 because my health was deteriorating but I was not ready to sit at home and be limited by my health.

I reinvented my professional life and published my first two books (Manage Your Staff More Effectively and Kick Start Your Career) to give me credibility in the business world and expanded my coaching skills. I became an NLP Master Practitioner and coach. In 2006 I had an experience which was to shift my thinking and expand my horizons exponentially.

I was attending a Tony Robbins course at the EXCEL centre in London. There were 10,000 people on the course. An integral part of the course was the Fire Walk. I was thrilled to achieve the walk with help. as I sat back in the chair the guy behind me who was a double amputee tipped out onto his hands and did the Fire Walk on his hands. It was a pivotal moment for me, I booked a flight to California to attend a course I had dismissed earlier in the day because I thought it would be too difficult to manage by myself. Since then I have travelled widely to study and for pleasure. I am forever in that man's debt!

The principles and the strategies developed during my Headship and through study are at the heart of the work I do with individuals, couples, teams and whole organisations. They are tried and tested and easy to incorporate into daily life.

I believe that disability is a metaphor for life. Limiting beliefs: I'm not worthy, not clever enough, too old, too poor, not beautiful enough, etc. keep people stuck. I may have challenges with my mobility but I have the capacity to wheel away (usually at high speed) in my wheelchair. I have learned that it is not the challenges which define us but what we do with them. Focussing on what I can do rather than what I can't and challenging those beliefs which have the capacity to limit have made a tremendous difference to the quality of my life.

Since leaving Headship I experienced a growing sense that I was not fulfilling my true purpose. That there were so many people who were unhappy, lonely, sabotaging their relationships and professional success through fear. Genuinely-You Ltd was created.

Over the years it has become very clear when working with individuals, couples, teams or whole organisations that the vast majority of challenges or issues fall into one of five categories: beliefs, particularly self-belief, love and relationships, achieving and sustaining success, managing change and transition and finding a sense of purpose and fulfilment. These are represented by the five secret pathways in my latest book, 'Thriving Not Surviving – The Five Secret Pathways To Happiness, Success and Fulfilment.' In the book, I share the principles and lots of practical strategies which have helped me and my clients achieve greater happiness, success and fulfilment. These act as a SAT NAV to help people navigate the challenges of life.

I'd become more and more concerned about the numbers of people who were stressed, unhappy and unfulfilled and the impact this was having on others.

At a personal level people who feel isolated or alone, unseen and unheard in their personal life. Some of these are feeling this way because they are single or are recently separated, divorced or bereaved but there are others who despite being in a significant relationship feel they have no one to share their vulnerabilities and dreams with. Others feel isolated professionally. They are fearful of letting their guard down at work in case it is seen as a sign of weakness or they feel under-valued and unheard. Some fear failure whilst others hide their light as they fear success.

I am passionate about helping people recognise that they have the choice to be happy, to be successful and to live a life full of joy and fulfilment. To help them recognise that they are not broken, that they are enough and to help them access their inner resources to live life fearlessly. I believe my life's purpose to be of service. To that end I wrote my first No 1 Best seller, 'Thriving Not Surviving – The 5 Secret Pathways To Happiness, Success and Fulfilment' It is designed to help people step into their genuine power to feel supported in their journey to happiness, success and fulfilment. The book has Intentional Journals designed to help embed the principles which are shared in the book.

I was increasingly aware of leaders who were leading without integrity, compassion or the courage to do what is right which in turn was creating significant issues for their staff, the wider community and the planet. I was able to draw upon my 30+ years' experience in transformational leadership. So many people are stressed and anxious because they are struggling to lead others in or are being led by people who lead through fear and control. It doesn't have to be that way!! I have designed a unique Leadership programme which has been accredited by CPD (Continuous Professional Development Standards Office). The Enlightened Leadership Programme designed to create lasting positive change by supporting personal and spiritual development alongside comprehensive leadership development.

It is built on the premise that to lead others well, you first need to transform into the best version of yourself and lead from a place of wholeness. It is Leadership based on integrity, compassion and courage. One thing I am certain of – that to lead others in an enlightened way you must first do the work on yourself – by becoming the leader of your own life. Doing so requires that you take radical responsibility for your thoughts, beliefs, actions and words.

I believe it has never been more needed in our fast-changing world. I think leaders have an incredibly important role to play in transforming the quality of life for themselves and others.

Many people think that leadership is the exclusive responsibility of corporate bosses and politicians I disagree. I believe that every one of us has the opportunity AND the responsibility to lead by example. To recognise that everything we do is a choice. Even when we have no choice about the circumstances we can still choose how we deal with the situation. It is not always easy to determine what is the wise choice but those who are clear about their values and why they are important are giving themselves the positive advantage.

I love to travel, live theatre, reading, gardening, music and spending time with family and friends. I have a cat called Leo who is convinced I'm his slave!

My life has been greatly enriched since Iryna Omelchenko came to live with me on May 21st 2022. It is through her that I learned of the work of Mom Plus Me and the reason I'm joining you on the 27th of May.

Books

I have written many books (35) at the heart of all of them is the theme of personal empowerment and enlightened leadership. Many of them are in the form of intentional journals where the principles are shared within an introduction and readers are offered the opportunity to explore and embed the principles into their own life.

Of these "Thriving Not Surviving – The 5 Secret Pathways Of Happiness, Success And Fulfilment" "Chariots On Fire – The Winning Formula For Happiness And Success" are both No 1 International Best Sellers. Both draw upon my own story and the principles and strategies I and my clients have used personally and professionally.

They can all be found at:

https://www.amazon.co.uk/kindle-dbs/entity/author/B01N30BG8D?_encoding=UTF8&node=266239&ofset=0&pageSize=12&searchAlias=stripbooks&sort=author-sidecar-rank&page=1&langFilter=default#formatSelectorHeader

Radio & TV

I have hosted a number of podcasts and radio shows. Currently I'm the host of 'Gina Gardiner & Friends' which is a syndicated radio in the US on AMFM24/7. listen live to this show. It airs at 7pm Eastern and 9am UK time on Tuesdays. Tune into AMFM247.

UK listeners need to use an app called Online Radio Box. Once downloaded - search under Network for "AMFM247" then save as a favourite.

If You'd like to look at previous shows here's the link to the archive:

<https://amfm247.com/amfm247/category/archive/gina-gardiner-and-friends-archive/>

Click on the link below to hear the programme which featured Mom Plus Me on March 14th 2023

[GINA GARDINER AND FRIENDS – MOM PLUS ME UKRAINE CHARITY FUNDRAISING EVENT](#)

My first TV series "Genuinely You with Gina Gardiner" is due to be featured on 'Local Now' in the US the date is still to be confirmed. A second series is planned.

There are a wide range of video resources available on You Tube:

<https://www.youtube.com/c/GenuinelyYou>

All the links to my websites etc can be found at: <https://linktr.ee/ginagardiner>