

Annual Congress on Mental Health

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Look inside: Stop seeking start living



Michele Attias

Michele Attias Coaching, UK

Professional men and women who overthink life, making them feel overwhelmed, unfocused, stressed, anxious and with poor decision making process. They appear successful externally, because they are chasing what is outside of them (money, business, relationship) to make them feel secure. They are scared to feel, to connect and to simply stop, as the overthinking overwhelms and paralyzes them. With 60,000 thoughts each day, and 48 thoughts each minute, the compulsion to attach to certain thoughts, sabotage and keep them not only from further success, but from their internal wellbeing. From 6- 12 weeks, I help in clients transition from overthinking, anxious, unfocused, often living in a whirlwind of stress, to having laser-focus, clear decision making, feeling more connected, purposeful, focused and relaxed – they even start to enjoy life more. My clients have shifted in the following ways: A Banker who wanted to buy a new property but had Asperger syndrome (ASD) felt paralysed by anxiety before even entering an estate agents office - Within 6 weeks he had exchanged on his first property through management of overwhelm and anxious thinking. A successful CEO with ADHD who was unfocused, stressed and getting heart palpitations, within 6 weeks, he felt calmer, was able to focus, slowed down, became more present, and began to enjoy his business again, leading to more creativity and projects he was excited to start working on. A Manager in a large company who's overthinking was making him reactive to others in his team, he was in a low mood, slightly depressed and reactively communicated with others. In a short space of time, he went from reacting angrily to his team, to creating new conversations and relationships with them, earning him a promotion. A journalist who wanted to write more powerful stories but felt her fearful thinking and self-doubt was holding her back. Within 6 weeks of working together, she began to get clarity on the type of stories she felt passionate to write about and expanded her writing voice, leading to more contracts from publications and tv networks.

Biography

Michele Attias is a Mindset Expert working for over 20 years within the Mental Health field. She completed her Advanced Diploma in Therapy at North London University, qualified as a Clinical Supervisor at the Central School for Counselling and Psychotherapy London, studied at the prestigious Tavistock Clinic studying a Master's in Child and Adolescent Psychotherapy, and further completed a Coaching Certification. She has clinically supervised the client caseloads for over 60 therapists and worked with highly complex clients. She has published more than 100 articles on Personal Development with 4 different online publications with a readership of over 35,000. She is an international Speaker, has been featured on podcasts, international radio shows, and has published her book 'Look Inside: Stop Seeking Start living' on Amazon. In 2014, she was a finalist in the Women Inspiring Women Awards, and in 2017 was a Best Coach finalist at the Best Business Women Awards.

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