

5 years ago I bought your social selling program and then paid \$200 for coaching which I never used.

1. I was unsure of who I was, therefore I was really unsure how to authentically show up in the world, so I ended up forfeiting the \$200 and didn't use the coaching. Over the years, I keep seeing your emails in my inbox and I've felt guilt, until today.
2. I'm sure of myself now, I'm confident in the message and healing that comes through as my business, so now I'm ready to learn how to use all I've learned from being a Wall Street, to now an executive coach who works with doctors & hedge fund managers to help them stop committing suicide, by using creativity, spirituality and self love as daily rituals for self care. (long run on sentence, grammatical errors, I understand, mental health is my specialty)

I'm tired of good men committing suicide, I'm tired of geniuses dying without fully expressing the music of their soul, because they are afraid to get help when their struggling with their mental health challenges.

I specifically work with men in high stress environments, because I almost lost my mind on wall street.

I help make mental health sexy, honorable and & sacred. I help people be ok with discussing mental health in a safe and discreet environment. On my app.

Men don't get help because they are ashamed, I'm tired of men being ashamed of not being well.

I need help to fix this problem with men. Once men can be ok with asking for help, there will be less gun violence, less domestic violence and less children getting abused.

The more leaders get to feel better, the more they will value their people and understand the direct implication of mental health in the workplace and in our broader society.

Shame is what keeps our society sick. When we can individually acknowledge that all of us are hurting, then and only then will we have compassion for someone else's journey & life experiences.

I really need help achieving the goal of helping leaders understand the value of their mental health.... ASAP!!!!

I am tired of sitting around helplessly as children are getting shot and men are dying, when they can just know that there is no shame in getting mental health help.

How would you bring value to our member community?

I have an app and I do it to create mental health content so people can help themselves, if they are ashamed of going to therapy. I'm more than willing to help entrepreneurs handle the stress that comes from doing business. Stress alone kills more entrepreneurs than car accidents.

I know you wanted a short video, but I'd like to share my mini sales video to express the importance of mental health, especially as we emerge from the shut. It's so important that people are aware of their emotional vulnerabilities. Please may I break the rule of 60 seconds and share a little longer video, mental health is so important in this time. We need more compassion for each other's suffering, not more hatred.

Thank you in advance for watching the video.

<https://vimeo.com/534875313/86a5443a8>