

About Clare Mann (Bsc(Hons),Msc,MA,MBPS,AAPS,UKCP)

Registered Psychologist, Psychotherapist, Speaker and Author



Clare Mann is a Psychologist who is also an internationally acclaimed speaker and author of three books. Her contribution to ***Awakening the Workplace*** debunks the myth of work/life balance, and introduces a way to achieve a more meaningful, integrated life.

Clare's work centres on helping ordinary people to create authentic, extraordinary lives through deliberate life choices and an understanding of self.

This approach stems from many years working as an organisational psychologist & consulting therapist with "successful" individuals who would repeatedly say "Why aren't I happy? I have achieved what I set out to achieve. I have the career, the car, the salary".

Clare set out to explore the issues that questions like these pose. Her experience resulted in book number two, ***The Myths of Life and the Choices we Have***, and of course her contribution to the latest book ***Awakening the Workplace***.

Over the past 17 years, Clare has worked as an organisational psychologist, university academic and management consultant. Highlights include:

- Clare's first book (co-authored), ***Human Resource Development, Strategy and Tactics*** (Butterworth Heinemann, 2005) is a recommended text in several universities including Bath and Exeter in the United Kingdom. It is also the recommended reading for the Chartered Institute of Personnel and Development in the UK.
- Keynote speaker at the 2005 PricewaterhouseCoopers and IMH Consulting Limited International Human Capital and Management Conference in Cyprus. This conference is host to more than 150 general managers, line managers and human resource professionals from around the world.
- Clare is a Chartered Occupational Psychologist in the UK under the British Psychological Society, and accredited to supervise other Psychologists for Chartership there.
- More recently Clare was a co-facilitator to an international teleseminar on Awakening the Workplace and choices facing both organisations and individuals.

Clare practices what she preaches about life choices and has recently moved to Marlborough, New Zealand from Sydney (and the UK before that). Clare and her partner live near the Marlborough Sounds where she is working on her fourth book, ***The Myth of Work Life Balance and the Choices We Have***. She is also developing on-line products and services to facilitate work life integration.

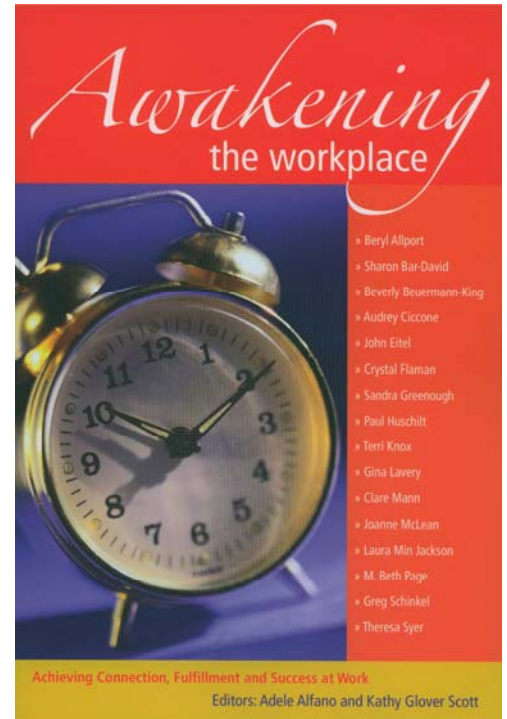
Awakening the Workplace

People are changing and evolving in regards to how they see themselves in relation to their work and their expectations for finding connection, fulfillment and success. At the same time, how we work is rapidly the changing workplace, with a need for new approaches and direction to create environments where people effectively work together and achieve results.

Awakening the Workplace reflects this change and provides cutting edge information and energized tips and tools so that people are more fully alive at work and success can be limitless.

In *Awakening the Workplace*, you'll find the collective wisdom, experience and knowledge of sixteen top speakers, trainers, coaches, consultants and facilitators from across North America and Australia. They are the specialists in workplace issues and innovation - with proven results. *Awakening the Workplace* has 16 Chapters, filled with knowledge and tools.

- Connecting Heart and Mind: The Secret to Being Awake and Fully Alive at Work by Beth Page
- Creating An Authentic Workplace by Audrey Ciccone
- Focused Action = Exponential Results by Crystal Flaman
- You Need A Strong Wheel On A Bumpy Road Building Healthy Teams – and Leaders by Beverly Beuermann-King
- Head, Heart and Wallet: A Model for Compassionate Listening in the Workplace by Laura Min Jackson, MSOD
- Attitude at Work – 4 Keys that Everyone Will Want by Paul Huschilt
- Let Change Become You: Boosting Your Change Resilience by Sharon Bar-David
- Awaken the Leader Within by Greg Schinkel
- It's All About Me and My Perspective by Theresa Syer
- Wakings! Wakings! by John Eitel
- An Invitation to Lead with Grace and Dignity by Joanne McLean
- Leadership Challenge: Energy Crisis in the Workplace by Gina Lavery
- **Work-Life Integration – The New Paradigm by Clare Mann**
- Spiritual Passion in Your Workplace & Your Life by Sandra Greenough
- It's Daylight in the Swamp by Beryl Allport
- THE POWER OF SERVICE...INSIDE OUT! by Terri Knox



The Myths of Life and the Choices We Have

Have you become disillusioned with your life?

Does happiness seem beyond your grasp?

Do you wonder why you are not happy despite achieving what you set out to achieve?

The Myths of Life and the Choices We Have addresses these key questions by translating existential concepts into everyday language that people can understand and apply to their own lives. Through the language of Myths, this self-help book encourages you to re-evaluate your choices and choose the life you want to live NOW.

Myths are unquestioned assumptions, which hoodwink us into believing that our choices are limited or that we must choose from a limited array of options. By identifying these Myths and their role in our lives, we can choose how to apply existential themes to daily existence.

Existential concepts of freedom, choice, responsibility and anxiety are explained in a straightforward manner readily applicable to your own life experience with over 50 practical activities that enable you to challenge their role in your life.

Through her work as an organisational psychologist & coach, Clare met many people for whom freedom was just a word. She set out to develop creative ways to expand our choices beyond those immediately apparent.

Many people ask 'I have achieved what I set out to achieve. Why aren't I happy?' Clare began to seek answers to those questions so commonly asked and, in the process trained as an existential psychotherapist. This book addresses the philosophical issues underpinning those questions and will assist you in very straightforward ways, in creating the life you really want.

