

FROM SELF-AWARENESS TO SELF-ACTUALIZATION

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A supported 6-step journey to finding your way back, for men.

Have you lost focus in life, purpose or direction? If so, MenTALL Wellspace offers a 6-step, 6-session person-centred support plan, focusing on the ACTUAL SELF vs. the IDEAL SELF.

Many men reach a point in life where they feel a disconnect between the life they are living and the person they know they have the potential to be. Whether struggling with a perceived loss of control in midlife, or unable to grasp your potential as a younger man, you might feel "stuck," dissatisfied, or simply aware that your current daily reality doesn't match your inner values.

This six-step journey is grounded in a person-centred humanistic approach to coaching and talking therapy. This means that we operate on a core belief that you already possess the inner resources required for growth - and, if necessary, to heal.

Our role is not to give you a checklist of instructions or tell you who to be; it is to provide a safe, respectful and entirely non-judgemental space where you can drop any masks, explore your life, and safely bridge the gap between who you are today and who you want to become - your IDEAL SELF.



BOOK YOUR FREE CONSULTATION NOW AT:

www.mentall-wellspace.org.uk
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The 6 Steps of Your Journey

Step 1: Discover Where You Are Now (Your Present Self)

Before we can look at where you want to go, we need to understand exactly where you are standing today. Society often pressures men to "brush things under the carpet" or just keep pushing forward, which can leave us disconnected from our own reality.

What We Will Explore Together:

We will create a safe, confidential space to map out your current life situation. We'll look honestly at your frustrations, stressors, and areas of dissatisfaction, while equally shining a light on the hidden strengths and resilience you are already using just to get through the day.

The Key Question:

"Who am I today, when nobody is watching and all expectations are stripped away?"

Your Growth Outcome:

A grounded, authentic, and compassionate understanding of your current reality, free from judgment or shame.

Step 2: Define the Man You Want to Become (Your Ideal Self)

It is common to know that something feels "wrong" without actually knowing what "right" looks like. This step is about giving yourself permission to dream, aspire, and define your own version of a meaningful life.

What We Will Explore Together:

We will dig into your core personal values. Rather than looking at what society, your family, or your career demands you should be, we will define what a fulfilling life looks like to you. This includes clarifying your genuine aspirations for your relationships, career, boundaries, and mental wellbeing.

The Key Question:

"Who do I truly want to become and what values do I want to stand for?"

Your Growth Outcome:

A clear, deeply personal vision of your "Ideal Self", to act as your compass moving forward.

Step 3: Identify Your Barriers

When who we are today (Present Self) doesn't match who we want to be (Ideal Self), we call this incongruence. This gap is where anxiety, low mood, frustration, and feelings of stuckness usually live.

What We Will Explore Together:

We will gently examine the barriers keeping this gap open. This includes looking at old survival patterns, limiting beliefs, fears, self-doubt, and external pressures or "rules" you've picked up that no longer serve you.

The Key Question:

"What internal and external barriers are keeping me from becoming the man I want to be?"

Your Growth Outcome:

Greater insight into your blind spots and a clearer understanding of the barriers holding you back.



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Step 4: Reconnect with Your Authentic Self (Build Self-Acceptance)

"The curious paradox is that when I accept myself just as I am, then I can change." - Carl Rogers.
True, lasting change never comes from harsh self-criticism or forcing yourself into a new shape. It comes from self-acceptance.

What We Will Explore Together:

We will work on dismantling the harsh internal critic that many men carry. We will focus on building genuine self-worth, recognizing your inherent value, and learning how to look at your mistakes or vulnerabilities with compassion rather than condemnation.

The Key Question:

"Can I accept and value the man I am today, even while I am working to grow into the man of tomorrow?"

Your Growth Outcome:

A stronger foundation of self worth, and the emotional resilience needed to sustain long-term growth.

Step 5: Align Life with Your Values and Live Authentically

Growth becomes visible when your external actions start matching your internal values. This step moves us from reflection into real-world alignment.

What We Will Explore Together:

We will translate your insights into everyday life. This means looking at how you communicate, how you set boundaries with others and how you spend your time. We will collaborate on making manageable, self-directed changes that make your daily life a true reflection of your Ideal Self.

The Key Question:

"What shifts do I need to make in my daily choices, so that my life reflects who I truly am?"

Your Growth Outcome:

A practical, lived experience of authenticity, where your outside world matches your inside world.

Step 6: Integrate the Plan and Write Your Next Chapter

The final step is about taking ownership of your journey and ensuring that the growth you've experienced continues long after our sessions finish.

What We Will Explore Together:

We will reflect on the journey you've taken, celebrating the shifts in your awareness, confidence, and perspective. We will look at how you can continue to nurture your growth independently, and explore whether further targeted support would benefit your next steps.

The Key Question:

"How do I keep maintaining my plan and moving forward with confidence?"

Your Growth Outcome:

A sense of autonomy, self-trust, and alignment between your Present Self and your Ideal Self.



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Your Journey at a Glance

STEP	FOCUS	CORE QUESTION	OUTCOME
1. Present Self	Discover your reality	<i>"Who am I today?"</i>	Clearer, non-judgemental self-awareness
2. Ideal Self	Define your vision	<i>"Who do I want to become?"</i>	A personally identified vision of your Ideal Self
3. The Gap Between	Understand your barriers	<i>"What is holding me back?"</i>	Insight into your internal conflicts and pressures
4. Authenticity	Build self-acceptance	<i>"Can I accept myself to grow?"</i>	Reduced self-criticism and stronger self-worth
5. Alignment	Identify action	<i>"What needs to change in order to reflect me?"</i>	Practical boundaries and authentic life choices
6. Integration	Maintain your future	<i>"How do I continue moving forward?"</i>	Self-trust, autonomy and a lasting positivity

A final note about your journey...

In person-centred coaching you are the author of your own life. I am here to provide the optimal conditions – empathy, respect and honesty – so that you can safely explore, heal if necessary, and rebuild. You set the pace. There are no expectations to perform or pretend. Come exactly as you are.

Looking forward to working with you.
Matt.



MATT VIDLER has many years of peer support and mentoring experience, working with young people, offenders and vulnerable adults. He has run his own publishing business for the past 10 years, but has always remained true to his ethos of working to support people going through tough times, often in a voluntary capacity, having worked on youth restorative justice panels and with Victim Support.

He is qualified to NFCE CACHE Level 3 in Counselling Skills, and holds CPD Level 4 certification in each of Advanced Counselling Skills, Life Coaching and Mindfulness for Stress. He also holds a Level 5 Undergraduate Diploma in Social Policy and Criminology.

He aims to provide a holistic service, which may just as likely offer yoga and meditation tips as life-coaching, therapeutic talking and person-centred peer-support.

Contact Matt at the website to book your free online consultation.



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