

Find your foundations – How working with the best can ensure your success

Andy McMenemy with Craig Smith ([CRS Editorial](#))

03 December 2021

There comes a time in our lives when key decisions need to be made and crossroads require negotiating to ensure our destination is reached. Elite-level individuals and organisations call upon the expertise of those who have made helping others their life mission.

Only people who have walked the walk are suitably qualified to talk the talk and sprinkle their stardust and wisdom to build and nurture legacy. Seldom exists a more applicable time than the forthcoming dawn of a fresh year to consult your life compass and open your door to cutting-edge insight from one of the country's premier spokespeople and results-oriented minds.



Elite mindset coach and highly qualified Clinical Hypnotherapist and Psychotherapist, Andy McMenemy, will ensure you not only think like the best, but become the best!

A leading light

With a focused mindset the bedrock of his talents, Andy's innumerable business achievements in senior management have developed and inspired high-performing sales teams in businesses reporting turnovers of £1.3 billion and £550 million.

His passion to see others succeed has given rise to knowledge sharing; coaching and mentoring individuals and management / sales teams to promote maximum efficiency.

With an unrivalled work ethic, the distinctions Andy received in Clinical Hypnotherapy and Therapeutic Hypnosis from the London College of Clinical Hypnosis and the Northern College of Therapeutic Hypnosis enable his clients to benefit from an eclectic offer.

A sophisticated mix of therapy, counselling, positive psychology and other highly effective skills have helped countless people regain control of their lives.

Andy has the key to unlock potential with a focus on emotional wellbeing, mental toughness and resilience. With purpose, passion and persistence, it is little wonder elite organisations and individuals such as Special Forces Veterans stepping out of the shadows, FTSE 100 directors, millionaire entrepreneurs and brands such as Mercedes-Benz, Amazon and ASDA have enlisted the services of this high-level coaching entrepreneur.

Tenacity personified

Milestones of magnitude in his business life meet their match in Andy's personal expeditions. How many people do you know who have won the same award as Sir Steve Redgrave, Sir Roger Bannister and Sir Ranulph Fiennes?

Andy was presented with The True Englishman of the Year Award thanks to the courage and tenacity he displayed at a time of significant adversity whilst raising funds for the British Army's national charity, ABF The Soldiers' Charity. Completing a world-record challenge running 66 ultramarathons in 66 consecutive days in 66 recognised cities of the UK is an unbelievable feat in itself; to do so with a damaged Achilles tendon picked up on day two highlights the determination and character of this born winner. This pertinacious quest for success is replicated in the achievements of those with whom he works.

Additional accolades only serve to reflect Andy's thirst and focused determination to achieve the required results for his clients.

In a figurative and literal sense, Andy will light up your future and that of your business, just as he helped to do in London when, in 2012, he was chosen to carry the Olympic Torch in the relay ahead of the London 2012 Olympic Games.

Put simply, if you don't already know of him, you will want to know him!

What does success look like for you in 2022?

Book a chat with Andy to discover how he can unlock your potential and make next year your best year! Be sure to ask him about his brand-new online courses that will help you thrive and succeed.

Email andy@andymcmenemy.co.uk or call 07590 113704.

#Mindset #EmotionalWellbeing #NewYearNewYou #EliteCoaching

Cement your vision and achieve your ambition – How to make 2022 the year for you!

Andy McMenemy with Craig Smith ([CRS Editorial](#))

31 January 2022

Did you know that most people have already given up on their new year's resolutions by now? A stark reality that plagues the cognitive function as we soon head into only the second month of a new year. Excavating the harsh truth beleaguers those plans we made and rallying cries we bellowed just over 31 days previous.

But it is not too late!

Andy McMenemy, elite mindset coach and highly qualified Clinical Hypnotherapist and Psychotherapist, has an arsenal of tools at his disposal to ensure your vision remains in clear focus and thoughts of a successful 2022 materialise from dreams into reality.

How can you achieve excellence?

Behind every elite-level success story, be it in business or sport, for example, is the intellect and experience of another; somebody whose passion and accountability for your endeavours will never wane, even when faced with the most arduous of obstacles.

Working closely with a specialist who enlists such premier qualifications and an unbelievably strong can-do attitude – a mindset that is only bettered by a burning passion to see you succeed – ensures plans reach fruition and dreams are realised.

Achieving clarity of vision is unequivocally empowering. Calling on the services of a highly successful individual who has kicked off the year in style by proudly coaching elite-level clients to work towards their £5 million turnover goal, as well as another who is actively recruiting their next six team members to achieve desired business success within two organisations, proves the point that success is only a phone call away.

If your mindset aligns with a powerful desire to overcome barriers, work with the best and home in on what your vision entails, or if a previous direction requires detailed analysis and fresh goals to reach that next level, the time to act is now.

As the dying embers of January smoulder away, don't let your gusto of yesteryear do the same. Keep your vision on track and ensure your fire burns bright from February in what is the Chinese zodiac year of the tiger and your opportunity to achieve roaring success.

The golden touch is within reach

Your greatest year – month after month of prolonged success and high achieving – is just around the corner. An opportunity to enrol on a brand-new online coaching course that will go live in February and will be packed with practical understanding and assistance to map out the elements of your process and deliver on your outcomes is being offered by one of the best elite-level mindset coaches around.

Andy McMenemy has already in 2022 delivered a keynote presentation to Amazon that went viral and was live-streamed by the multinational organisation to its 55,000 employees in the UK and 1.3 million workers across the globe, and he wants you to benefit from his years of wisdom to take your business to the next level.

So, if high-level entrepreneurship is your ticket and you want answers to questions such as 'What am I going to do differently in 2022 to help achieve a deserved level of success?' and 'How does a successful person think?' be sure to remain on-track to achieve your vision and stay true to those aspirations.

The course, which will include a number of modules and tried-and-tested proven processes, will begin with a review of your current situation. It is designed to demystify and to find out what is considered enjoyable and not so in your business and why, all with the aim of taking you and your organisation to the very top.

"Most people go through life being pushed around by their circumstances instead of pulled by the power of their dream!"

What does success look like for you in 2022?

Book a **free discovery call** with Andy to discover how the amazing online coaching offer from this award-winning elite mindset coach can develop your springboard, unlock your success and deliver your potential to make 2022 your best year yet!

Call 07590 113704 or email andy@andymcmenemy.co.uk

#EliteMindset #MakingDreamsAReality #OnlineCoaching #EliteCoaching

Are coaching and mentoring the same? The importance of being earnest

Andy McMenemy with Craig Smith ([CRS Editorial](#))

28 February 2022

As we emerge with a desire to flourish following a torrid two years, the upsurge in the number of 'specialists' is considerable. Individuals whose mission to help is commendable, if not a tad premature.

Organisations yearning to reach that significant milestone, win that lucrative contract, or demonstrate high-level support for valued team members, require the unrivalled enthusiasm of the best.

Elite mindset coach Andy McMenemy's illustrious career of helping others reverberates around many-an-office adorned with certificates of recognition and achievement. So, when posed with the subject areas of coaching and mentoring, it is imperative their differences are dissected by a professional who ensures companies envelop themselves in an attentive environment, with extensive knowledge and proven methodology.

After all, wouldn't you want to be guided by someone capable of skyrocketing your business?

What is mentoring and why does it matter?

No one person can achieve elite-level success without the assistance of others. A team of people, all with different responsibilities, feed into the jigsaw of triumph at some stage.

Being a sounding board is an element of mentoring. Without directing businesses and their personnel to specific tasks, or without identifying blockages to success, a mentor is able to challenge rationale and the thought process of why the decision that is about to be made is important to a particular organisation or individual. Why this decision above all others?

Mentoring involves helping to contextualise things; to offer professional opinion to ensure all aspects of a potential decision have been considered, and all avenues explored.

Coaching...the right way!

Coaching, on the other hand, is more specific and is directed around actions to generate a desired outcome.

People often have an individual – a hero figure – in mind who they wish to emulate. It may be a business entrepreneur who has achieved great success, or a sporting figure on the top step of the podium. Pursuing this vision to achieve personal success is at the epicentre of coaching.

A key facet, however, is not to view the victor on a pedestal and to extinguish any thoughts they can never be as good. Ultimately, you cannot be another person, though an owned level of excellence can be delivered in the same arena.

Each successful businessperson or sportsperson has a process; one they have strongly adhered to and that has driven their outcome.

Compartmentalising the overall outcome to focus specifically on the process and the parts within it, ensures optimal focus of attention. This, in turn, enables the delivery of excellence on a daily basis.

A person who is interested in gaining additional clients for their business, for example, would analyse their process for driving new enquiries. What does their pipeline and acquisition process look like? How are incoming calls and emails managed? Are channels of communication as good as they could be? How are relationships nurtured?

Where next?

Scratching the surface of the differences between coaching and mentoring with a highly qualified elite mindset coach, Clinical Hypnotherapist and Psychotherapist, provides the perfect steppingstone to enhance understanding and enrich your existence and that of your business.

Book a **free discovery call** with Andy today by calling 07590 113704 or emailing andy@andymcmenemy.co.uk

#Coaching #Mentoring #EliteMindset

Unlock your potential and that of your business. How life coaching can be your saviour

Andy McMenemy with Craig Smith ([CRS Editorial](#))

5 April 2022

The word 'coach' will likely conjure thoughts of expertise, passion, desire and accountability. What might not spring to mind is a village situated 40 miles north-west of Budapest in Hungary – a place credited as the birth point of this five-letter symbol of education and tutelage.

Thanks to 15th century manufacturers in Kocs, the speed of travel was revolutionised with the development of a more sophisticated and rapid type of carriage. A horse-powered vehicle transformed the way people would travel, providing an efficient mode of transport to their desired destination.

And so was born the term 'coach' – an idiom associated with helping people reach their objective.

Fast forward to the present day – tipping our hats along the way to our pioneering cousins – elite mindset coach, highly qualified Clinical Hypnotherapist and Psychotherapist, Andy McMenemy, shares his expertise on how working with a coach who focuses on the rich tapestry of life can bring about significant positive change to you and your business.

Position and transition

The experience, knowledge and wisdom of a life coach – an individual whose mission it is to utilise their accumulated years of professional training to the benefit of others – is matched only by the harnessed ability not to hear, but to listen, and to do so intently.

Have you ever evaluated your position in life and aspired for a fresh target? A complete understanding of your vision, with clarity on how you see your future and what you'd like it to represent, are merely lifting the lid on the proverbial toolbox of a life coach. There's plenty more to explore!

What's the driving force? What goals and aspirations do you have? What has stopped you reaching these to this point?

A qualified life and mindset coach will understand your perceived barriers and limiting beliefs. An innate ability to formulate a strategy and locate those negative thought patterns preventing you from transitioning to the next level are waiting to be unlocked, along with a detailed process of success for achieving agreed short, medium and long-term goals.

Burgeoning business

“Focused mind power is one of the strongest forces on earth.”

This powerful mantra by renowned inspirational author, Mark Victor Hansen, speaks volumes as to the dexterity of the brain to promote subsequent achievement within other elements of life.

With an elite-level mindset comes the empowerment to make dreams a reality and elevate the status of your business. An aspirational thought process, continually building on the success of the previous day, will nurture a forward-thinking approach and the advancement towards your vision.

Having successful processes of thought, mindset, discipline and commitment implemented within your life and your business will present new opportunities and promote enjoyment of your journey, and celebration of your perpetual success.

When all is said and done, you are the one to action change.

Your time is now, and your present shapes your future.

Book a **free discovery call** with Andy today to discover how you can map out your course and plan your journey to enlightenment. Call 07590 113704 or email andy@andymcmenemy.co.uk

#LifeCoach #BusinessCoach #EliteMindset