

Author: Gina Gardiner  
Category: Self-help  
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# Author BIO

*Gina Gardiner is a multiple No. 1 International Best Selling author, Motivational Speaker, Profits Enhancer for Enlightened Leaders and Empowerment Coach.*

*Gina is passionate about supporting forward thinking leaders to achieve sustained success and profitability based on integrity, compassion and courage. An approach which is vital as we move into the new era of consciousness.*

*She is the creator of The Enlightened Leadership accredited, holistic personal and professional Leadership Programme which draws on her 30 years + experience in transformational leadership and helping individuals, teams and organisations thrive.*

*She is passionate about helping her clients to achieve their full potential, to step into their power and be genuinely, authentically their 'best self' personally and professionally .*

*Gina learned to walk twice as an adult. For over 20 years, (until 2004) she ran her award-winning school, for the most part from a wheelchair. The gift of this experience was the development of a unique approach to life and developing Profitable Enlightened Leadership. Leadership For Life!*



## GINA GARDINER



# Illuminating The Way For Enlightened Leaders To Create A More Profitable & Meaningful Mission

As a leader, your mission in the world is very important. In fact, your leadership is absolutely vital in this era where great changes are to be made. It's no "Secret" that we live in extraordinary times and it has become more and more evident that the old approaches to leadership are no longer working.

Time is of the essence. There is a dire need for a shift in the leadership dynamics. There's no time for being stuck in the trap of old patterns of beliefs and behaviours which paralyse any chance of success.

As a leader called to a higher service, you're here to make a difference and demonstrate an example of living out your higher purpose and mission. This greater mission reflects thriving, excelling at your greater potential, and consistently ridding yourself everything that is blocking you.

## **How do you accomplish this?**

By enhancing your profitable leadership journey through "Holistic Profits Enlightenment." You will truly understand what it means to be profitable in an ever-changing marketplace. It is more than just about money, it's about discovering

your limitless potential that leads to a fulfilling life and leadership experience.

Imagine your life and leadership if you were enlightened to the new profits possibilities, ready to enhance your mission changing life for you and others in a more meaningful way.

For those of you who are becoming more aware - there is a new way: One which requires the courage to take that first leap to look within and discover the new emerging version of yourself. As your consciousness awakens and you start to explore, discover the powerful resources and limitless potential locked inside you, offering you a journey which feels lighter and more expansive. Where everything feels so much more possible and more profitable.

It's time to step out of the old ways of being and recognise that new potential only exists beyond the illusion of comfort-zones, controls, and safety.

This is your defining moment - to leap into a new realm of infinite potential and limitless possibilities.



# Book BIO

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“Thriving Not Surviving” is designed to help you get the very best out of life.

Life offers lots of challenges, detours and seeming dead ends, these can stop you in your tracks, causing you to get stuck in the morass of feeling overwhelmed or they can act as the impetus to achieve a better way of being.

That is where “Thriving Not Surviving” is there to help you. It offers you a SAT NAV to help you reach your deepest desires more easily, and gives you lots of examples of where people, just like you, have used the principles and strategies to navigate their way through life’s challenges.

It is important to remember that you remain in the driving seat. It is up to you how fast you go, where you begin your journey and which elements you want to focus on.

Individually the perspectives, principles and strategies offer you a powerful tool to enrich and enhance the quality of your life; collectively they are positively transformational!

The book can help you to learn to challenge your habitual way of being and how to establish different more empowering approaches.



# Target **AUDIENCE**



## Who should read Thriving Not Surviving?

- ✓ **Women**
- ✓ **35-60**
- ✓ **Married, Single, Divorced**
- ✓ **Entrepreneurs**
- ✓ **Executives**
- ✓ **Self-employed**

## BOOK BENEFITS

Offers tried and tested principles and strategies to support your achieving sustained happiness, success and fulfilment.

- ✓ Learn to be confident and self-assured in every area of your life
- ✓ Challenge limiting beliefs and install more empowering ones
- ✓ Enhance your relationship with yourself and others
- ✓ Take the positive lessons that the past offers but let go of the hurts and bitterness which has been holding you back - so you can enjoy a great present and a fantastic future
- ✓ Understand the power of language
- ✓ Step into your power and realise you don't need to be a victim unless you actively choose to be
- ✓ Feel ready for the challenge so you are prepared to grasp the opportunities which present themselves
- ✓ Learn the secrets of achieving and maintaining great success, personally and professionally
- ✓ Take responsibility for your own happiness and wellbeing
- ✓ Develop a way of thinking which will transform your life.
- ✓ Have confidence in yourself so you are no longer afraid of failing
- ✓ Become the hero or heroine in your own life story
- ✓ Feel great about yourself





# Book Excerpt

## INTRODUCTION

*If only I were smarter, then I would be happy.*

*If only I were prettier, then I would be satisfied.*

*If only I had more money, then I would be free from stress.*

*If only I were thinner, then I would be ready to chase that dream.*

*If only I were taller, then I would be more involved and outgoing.*

Have you ever found yourself thinking along those lines?

Lack of self-worth is a modern-day epidemic. Because our need to belong, to be valued, and to be seen and heard by others—the most basic and ancient of human needs—are missing in many people's lives today. Many of us are suffering from loneliness, depression, and a general feeling of malaise. This low self-worth and malaise have caused many of us to believe that something is missing from our lives. This, in turn, can lead us on an endless search for happiness, success, and fulfilment.

For some, the search can be as elusive as the search for the Holy Grail, and just as frustrating. Alcohol, food, drugs, sex, shopping, endless relationships which fall apart, hours and hours perusing the Internet, and working too long and too hard, are examples of common ways people conduct their search for fulfilment. While these excesses may give momentary satisfaction, they fail to provide a real solution.

As an empowerment coach, motivational speaker, and bestselling author, for nigh on forty years, I have had the opportunity to work with thousands of people from a wide variety of backgrounds, guiding them on their journeys to purpose and fulfilment. I have helped them to develop a greater sense of self-worth and the confidence to challenge and change limiting beliefs in order to become more loving towards themselves and others. I help each person to achieve their full potential—to become their genuine best self. And that's what I'm providing you within this book: step-by-step guidance so that you can achieve your full potential to become your genuine best self.



# TESTIMONIALS



*"Gina is incredibly warm, open, supportive and empathetic. When I work with her I feel incredibly seen and incredibly heard"*

**Bronwyn Nash**



*"I would recommend Gina to anybody and everybody - I really don't know how I've coped without her over the years"*

**Sally Cutmore**



*"Gina is an amazing positive person to work with. I have worked with her in both my professional and personal life. She has helped me bring my confidence back."*

**Jolly Datt**



# MEDIA APPEARANCES

AS SEEN ON:

**BBC**  
RADIO

Reader's  
**Digest**

THE  
WALL STREET  
JOURNAL.

**able**  
YOUR FAVOURITE DISABILITY LIFESTYLE MAGAZINE



**KGUN**  
ON YOUR SIDE **9**  
abc

**KOB** **4**



*The Genuinely You Show is available at:*

genuinely-you.com/theshow



*The Genuinely You Show was  
filmed and released in 2018.*

**IMDb**

imdb.me/ginagardiner



**TELEVISION  
APPEARANCES**



# Interview Questions

1

How did your journey lead you to your work on Enlightened Leadership?

2

You have learned to walk twice as an adult - what enabled you to keep going when things got tough? What did you learn from your disability?

3

What was the motivation behind writing your No 1 Best Selling book 'Thriving Not Surviving - The 5 Secret Pathways To Happiness, Success and Fulfilment'?

4

What are the 5 pathways and why are they important?

5

What is Enlightened Leadership and why is it so important now?

6

You talk about Profitable Enlightened Leadership – what does that actually mean?

7

How does the Enlightened Leadership Programme differ from others?

8

You talk about Discovering Your New Leadership Identity, Powerful Purpose and Thriving Life After 60 – why is that so important?

9

I believe you have a pretty ambitious mission - what is it?

10

What are your future plans for Genuinely You?



# STORY IDEAS FOR REPORTERS

1

Thriving Not Surviving - The 5 Secret Pathways To Happiness Success And Fulfilment

2

Becoming A Profitable Enlightened Leader In A New Era Of Consciousness

3

Stress and poor self worth have reached epidemic proportions - but there is a solution!

4

Developing an awareness and understanding of your Genuine Power and how to harness it

5

Why is your WHY? So important?

6

Unleashing "Profitability" in your personal and professional life

7

The power of taking Radical Responsibility

8

Genuinely New - Over the hill at 60 or embracing a new adventure - your choice.

9

Overcoming adversity - It is not the challenge which defines you but what you do with it

10

Leaving a living legacy in the new dimension

11

Why are so many people in the western world so unhappy?  
What is the antidote?

12

Why is the relationship you have with yourself so important?

13

The freedom of forgiveness - Holding on to the hurt and bitterness is like giving yourself the poison and expecting the other person to die

14

Feeling unhappy, anxious or depressed - Embrace the power of gratitude! Engage with the PEP Programme.





## THE 7 DAY HAPPINESS CHALLENGE

Unhappiness and stress are at an all time high. Over half the prescriptions issued in the UK alone are for antidepressants. As a result a growing number of people have a deteriorating quality of life.

Unhappiness comes in so many forms:

- ♥ A slight feeling of malaise - of things not being as they should or could be
- ♥ A sense that life is passing you by, that you are missing out
- ♥ A deep unhappiness which creates waves of stress anxiety and depression

Unhappiness reeks havoc on the individuals capacity to fulfil their true potential. It spoils any chance of enjoying life on a day to day basis and can devastate relationships.

It doesn't have to be that way. the 7 day Happiness Challenge shares some simple strategies and principles which are easy to incorporate into day to day life.

When they are used consistently they make a profound and positive difference.

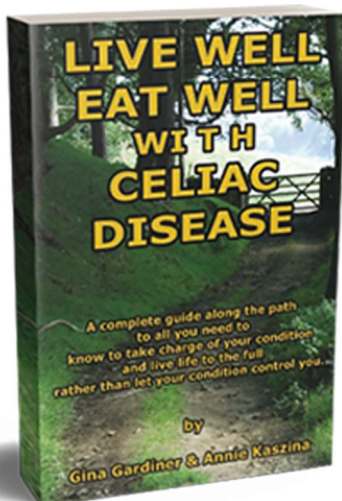
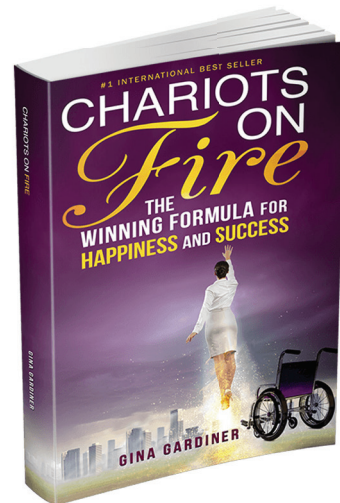
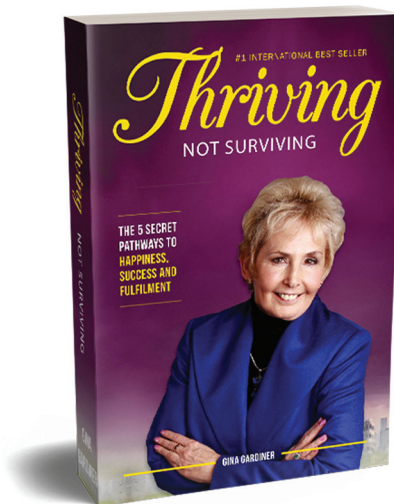




# DOWNLOADABLE IMAGES

*I appreciate requests for photographs for press use. Email and let us know where you post your article so we can link to it.*

*-Thank you.*



<https://genuinely-you.com/media>





CONNECT WITH

**GINA GARDINER**



[info@genuinely-you.com](mailto:info@genuinely-you.com)

01206 230497

+44 (0) 1206 230 497

[genuinely-you.com](http://genuinely-you.com)

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