

Several years back (2011 to be exact), an individual/entity embezzled nearly \$1MM from my former company. Myself (and what was left of my team) spent years trying to dig out of what ended up being a company-killing hole.

Unbeknownst to me, or possibly, something I didn't consciously want to admit, this existential challenge deeply affected my role as an ambitious, confident, positive & trusting leader. I lost what some have called "my light." While aware I was less rosy towards others (per candid feedback), I never truly grasped the impact the experience had until recently. I won't go into extensive detail, but in a span of about 72 hours, our extended team was reduced from 22 people to only 5. For those of you who've been involved in rapid and unexpected company contractions, I don't need to elaborate on the emotional toll having to cut ties with incredible team members and humans does to your soul.

Fast forward 10 years to last September, and I found myself unemployed, feeling lost, unfulfilled, and wondering... "how on earth I did I end up here?"

Fortunately, my most recent position led me back to my extended family in the Wellness arena (which I'm far beyond grateful for). However, even with great support from long-time friends (and a wonderful therapist) I still couldn't shake the feelings of being "stuck" or as one might put it... walking a repetitive, circular path that wasn't creating upward mobility – holding me back both professionally and personally.

Fast forward to now... and I feel like a completely different person – someone I had figuratively "lost" for the last decade & missed greatly (as did my family, co-workers and friends – many of whom I had either distanced from, or shut out completely). To those of you who are in that camp... I sincerely apologize and look forward to mending fences & regenerating our relationship.

So. What changed? Well... as fate would have it (or, more accurately, as the Universe planned) I was introduced to a spectacular group of people at a company called MindFix. I sincerely struggle to find words to express my gratitude for what I continue to experience with this team. Life-changing is most appropriate. Those of you who know me best would most likely categorize me as someone skeptical of anything that seems too good to be true. Apparently that carries over to my unconscious – as when deciding whether or not to take the leap and work with MindFix, I sensed and could literally feel parts of me trying to sabotage participating in something that ultimately led to transformational healing. That resistance only served to reinforce that I was doing exactly what I needed to do – in hindsight of course.

As cliché as it sounds, I deeply believe that everyone has a path. This particular segment of my journey has opened my mind to the realization that while traditional talk therapy and medication play a critical role in healing for many people, there are other avenues to explore which can lead to incredible breakthroughs.

Nothing I've experienced to date has produced the impact that the team at MindFix has. Prior to my work with them, I never would have felt safe sharing such a personal experience – as I was simply not willing to be so vulnerable. The changes I've made feel remarkable. It's as though I've rekindled the light that had faded into something nearly unrecognizable to both me and those I care about most.

My goal in sharing this experience is to hopefully spark one/any of you to consider making a change in your life. I mean... we have to put up with ourselves for at least 12 hours a day (a lot longer if you don't sleep well). I can't tell you how amazing it is to feel less anxious and more optimistic about what's next.

Ultimately, I had no idea how ready I was for transformational change – or that I could achieve it so quickly. I hope sharing my experience will help guide some of you to a similar outcome.

Rob - January 2022