

**For international website**  
**28 October 2017**

**Name:**

Clare Vivian-Neal

**Role:**

Senior Trainer, Coach, Mentor

**Involved with MTL Since?**

1990

**Education and other relevant degrees:**

BSc. (Hons.) Biological Sciences, specializing in biotechnology.  
Masters in Counselling (2016-8)

**Country of residence:**

Golden Bay, New Zealand

**Languages Spoken:**

English

**Main Training Location/s:**

Mainly in New Zealand and Australia

Clare has also trained in South Africa, US, UK, Europe, Pacific Islands, and China.

**Published Works:**

None

**Professional MTL Bio:**

Clare Vivian-Neal has worked as a teacher, bio-technologist, consultant, change manager in the Public Sector, and then led the design team at Macpac (an iconic NZ outdoor equipment company). Throughout her work, she has been drawn to bring out the best in herself and people around her. She studied Gestalt and Hakomi body-centred psychotherapy and other therapeutic methods. She has been actively practicing and teaching the *More To Life* course work since 1991. From 2016 to 2018 she is studying for a Masters in Counselling (Solution-Focused) at Canterbury University, NZ. Work with trauma is one of her interests, especially following Bessel van der Kolk's transformative body-based therapeutic practices. Another area of study for her final thesis is the connection between self-esteem, validation and hope.

Clare has been a Senior Trainer with *More To Life* since 2005. She has trained many of the courses in the Programme in NZ and around the world. Some of the courses she teaches as a Mentor are *The Power of Self-Esteem*, *The Power of Purpose*, and *The Power of Connection*. She travels extensively training this work, and in 2014 she taught *The Power of Self-Esteem* for the first time in Chengdu, China with full translation.

Clare has taught courses in business, tailored to the specific needs of the organizations. To give you a flavor of the diversity of projects, here are a few. In 2012/3 she co-facilitated two five-day courses called *Quantum Change*, in Fiji, for UN Women. This course was designed to empower women in leadership roles to scaffold in changes to their organization and teach them tools to resolve conflict. This was co-facilitated with psychologist and MTL Senior Trainer Ann McMaster. In 2014, Clare led a *Self-Confidence Workshop* for a final-year leadership programme in a High School. She worked with Dr Philippa Frances in Melbourne on courses for women called *Real Women, Real Choices*. In 2017, she worked with Nelson Bays Harmony Chorus on *Self-esteem for Singers* and with Chaitanya Deva in Nelson to bring the skills of *Managing the Monkey Mind* into Yoga Teacher Training.



Clare has extensive experience with individuals, both in personal and work settings. She supports individuals to achieve their goals, address grievances, resolve conflict and build good communication. She has been coached and coaching since 1993 and has a thriving coaching and counselling practice in Golden Bay, working with clients locally and around the world.

#### Personal Statement:

As a scientist in Cambridge, UK in the late 1980s, I was inspired by the promise of what could be possible for our world. I was a keen environmentalist and active campaigner. I wanted to increase awareness of our interconnectedness with the planet so we'd stop the activities of destruction and war, and change our ways. But how to make a difference?

Then I attended the More To Life Weekend. I had not previously seen change occur as I witnessed that weekend. People changed; I changed. Here was my answer: a way to engage with individual change at a deep and lasting level. I wanted to be able to do what Ann McMaster, my Trainer, was doing to assist people to shift their perception of the world and see things more clearly.

My vision of a world where we respect and honour each other and our Earth has remained vividly with me since moving to New Zealand in 1990. Our society has many challenges, including isolation, abuse, unhappy workplaces, loss of direction, anxiety, and hopelessness. Through the More To Life work, I have seen profound shifts happen: hope rising again, strength growing, leadership found, vision emerging, and the courage to be our unique selves. I know of no better way to spend my life's energy than bringing more hope, love, compassion, and courage to the world.

My work as a Senior Trainer enables me offer to others some of the gifts I have received. I too am learning as I walk alongside those who also seek a more authentic world. It is a deep honour and privilege to work in this manner. My vision is to enable the healing of individuals, families, and groups so we are able to bring forward our unique gifts with more creativity and wisdom – to live our lives with more passion, lightness, joy, and more love – in a word, more connectedness.

I live in Golden Bay, New Zealand with my husband, and love the wildness of the South Island. I am committed to reducing my carbon footprint and living a more sustainable lifestyle. I enjoy hiking, gardening, and adventures with my family and friends - and dog.