

# PROGRESS

with Michael Bernoff

**Courtney Newcomb**  
a New State of Mind

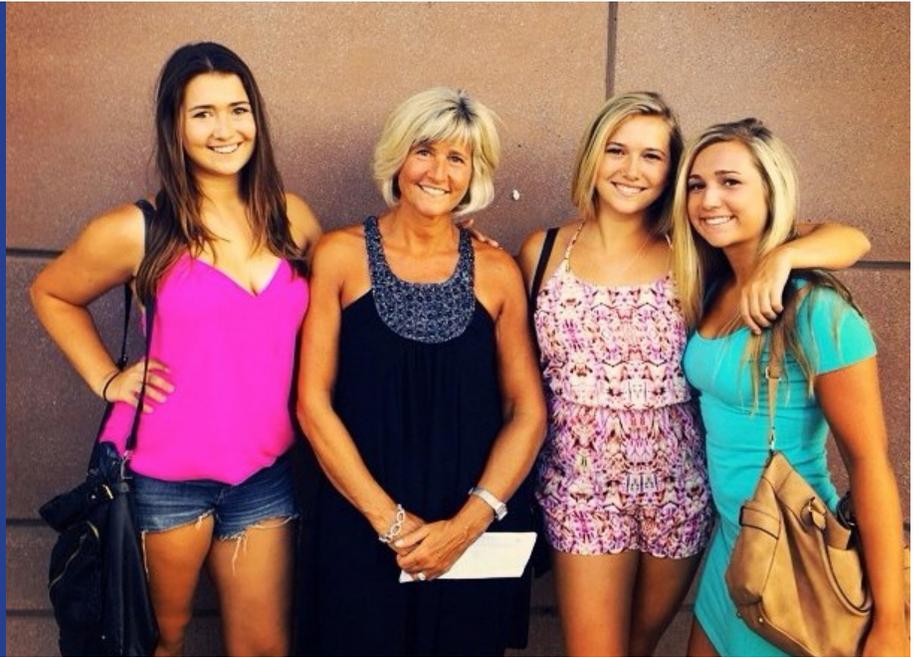
# Courtney Newcomb

ARRANGE SOUTH SHORE  
Organizer & Senior  
Transition Coach

HUSBAND  
Dan

DAUGHTERS  
Taylor, Mackenzie, and  
Kate

Boston, MA



When you meet Courtney Newcomb, you meet a lively, bright-eyed and charming lady. She is one of those people who can chatter away with anyone, and makes you instantly feel comfortable from the moment you meet her. That part has always been true...yet there were many years when the woman behind that beautiful smile was not enjoying her life.

We read about people who suffer from depression and we read about people who live their lives with pain hiding inside. And that was true for Courtney. She had everything: a loving husband, three beautiful girls, an incredible lifestyle...and yet there was a piece of her that just didn't feel good about life.

As is the case many times when the answers are right in front of us, Courtney's husband Dan was on a journey to improve his life and was becoming more and more successful in his business. He was doing so by working with a results coach, Michael Bernoff.

For four years, Courtney quietly listened to Dan's thoughts and experiences as he moved through Michael's Call2Action and Core Strength Experience events, thinking "That's great for you, but it's NOT for me!"

"I was NOT INTERESTED, period," Courtney said. "I thought anything to do with personal development was what I called 'green juice' or cultish." Eventually, Dan's urging and encouragement penetrated that thinking.

"I may not have done everything my husband, Dan, has asked me to do over our 23 years together (she says with a sweet smile), but I'm very grateful I finally listened to him about Michael Bernoff."

Reluctantly, Courtney signed up to take a teleseminar and if you asked her today, she would confess the only reason she agreed is because "I thought I could be on the phone, listen in, and remain silent and anonymous."

She was wrong.

"Even though we were on a conference call line and couldn't see each other, Michael knew I was there, and he seemed to have a sixth sense about knowing when I was drifting and not paying attention. That's when he would call on me and bring me out of hiding! Those five days on the phone with Michael made an impact...and I made some decisions at that time to move forward in my life.

"I began thinking differently and looking at life from a different perspective. Everything Michael said just seemed to make so much sense. It wasn't long after that I was on a plane to Scottsdale, Arizona to attend the same event Dan had attended the previous year!"

Courtney had committed to spending three days in a seminar with no phone to hide behind. Nervous. Skeptical.

**"For four years, I quietly listened to Dan's thoughts and experiences as he moved through Michael Bernoff's Call2Action and Core Strength, thinking to myself, that's great for you, but it's NOT for me...."**

**“Understanding myself and learning to pay attention to my actions and my approach helped me to control my state of mind. ”**



On their flight from Boston to Phoenix, the weather played a few tricks and Dan and Courtney were delayed. They ended up being a few hours late to the event and quietly walked into the room, sliding into the back row with Courtney trying to look as invisible as possible.

“Michael doesn’t miss anything and called out and announced us as ‘the Boston latecomers.’ Never have I felt so vulnerable. Little did I know that I’d got there just in time.

“I’ll never forget the next few moments when Michael posed a question to the room full of people. He asked if anyone had ever been depressed. Hands shot up in the room. Nearly everyone has felt depressed at one time or another, and I was no different. But then he asked those who had been depressed for longer than a day or two, and hands went down. Then he asked if anyone had been depressed more than five days in a row and my hand remained high above my head.

“The next thing you know, Michael called me to the stage to stand next to him in front of all of these people. Are you kidding me?”

Courtney was stunned and nervous. Michael didn’t waste a single moment. He began asking a series of questions that got Courtney chuckling, and in no time he was calling her by her childhood nickname, Fishy.

Michael walked Courtney through the process of changing her thought patterns. In just a few minutes, Michael successfully did what years of medication and therapy could not.

Michael reached inside and found the darkest part of Courtney. The years of panic, anxiety and depression that had haunted her melted away. Having struggled with these demons for years taking anti-depression and anti-anxiety medication, it was incredibly transformative for her to learn how quickly and easily she could slip into depression or anxiety. She never realized how much of the depression and anxiety she was putting on herself.

Most importantly, Michael showed Courtney just how easily she was making herself depressed, and he taught her how to NOT be depressed. She has not taken another pill since!

“When I made the transition to owning my own business, I found I loved what I was doing and received overwhelming support and encouragement from everyone in my family. I realized that although I was painted into a corner at a young age, I have the power to change that picture to whatever I want it to be.”

Another hallmark of Courtney’s work with Michael is improved communication with her family. She realized she had been critical of her looks, her body, and her overall appearance, which she communicated with her girls. She determined that her daughters didn’t need their mother to be communicating that insecurity. She wants to be confident and teach them to feel the same sense of confidence.

Understanding herself and learning to pay attention to her actions and thoughts help Courtney stay in control of her state of mind.

This Fishy is done being depressed for good.

# Thoughts from Michael

## on a New State of Mind

Courtney watched her husband, Dan, grow through Call2Action and Core Strength. He experienced success in his communications and in his businesses on a much higher level after working with me. Despite this, Courtney had already made up her mind that she had no interest in joining him on this journey of growth. But over time, Dan's new common sense ideas suddenly 'made sense' to her. It sparked her thinking and began to influence her choices. And when Dan suggested she try Call2Action, her thinking shifted.

As life sometimes works, she found herself and her daughter in a tangled relationship that was struggling. The more she labored to make it work, the more distant and difficult it became. And then the two of them joined Dan at Core Strength Experience. They turned a corner in their relationship as they learned more about one another and more about how to communicate effectively. A new relationship emerged between Courtney and her daughter. The growth and skills she and her daughter experienced have paved a path for more joy and more happiness, separately AND together as a family.

Suddenly, Courtney realized that her depression and anxiety had been affecting her whole family for years. Her newfound clarity helped her entire family heal, and as a result, Courtney and Dan enjoy happier and deeper relationships with their daughters.

### **Now that's success.**

Courtney fostered a dream to start her own business helping people downsize and organize their lives as they worked through transitions. It was something she wanted, but she hesitated to move forward. After her experience at Call2Action and then Core Strength, Courtney began putting herself out there more often. She learned she was only limited by her own thoughts and beliefs and she stretched herself. Soon, she was gaining new clients and working as much as she wanted to, doing something she really enjoyed and had a knack for. Her success fueled her growing belief that she was in control of her actions, her beliefs, and her feelings. Happiness became something she chose for herself, rather than something she was waiting to happen to her.

The really cool part in all of Courtney's success, is now Courtney is able to help her clients control their state of mind. She spends much of her professional life coaching people through transitional times and teaches them how to control their emotions so they don't remain anxious or slip into depression. She is able to pass on the skills she learned and the changes she made herself to others.

### **Now that's progress.**

Ready to begin really living your life?

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