



# MATTHEW GREEN

## EMOTIONAL FITNESS COACH

### BE the POWER Your BEST SELF Needs to Easily Traverse YOUR Life's Pivotal Moments

*“ When you need support through your life's pivotal moments, I will help unlock your full potential by working with your felt experiences. Together, we will explore and work with an approach that enables and ensures lasting change – by using the wisdom of your body, the intelligence of your heart, and the unlimited power of your mind. ”*

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Whatever your life's pivotal moments and challenges may be right now, check the list below to see how I can help you...

#### **For Executives and Leaders**

When you need to navigate complex organizational dynamics or enhance your leadership authority and presence, my approach will help you develop emotional intelligence, and enhance your strategic communication skills. This will allow you to lead with optimal authenticity, self-confidence and vision.

#### **For Athletes and Peak-Performers**

Do you struggle with consistency, low competitive drive, achieving your best, or with performance anxiety? My body-centred techniques will help you set your peak performance state permanently, and access it reliably at any time. Once fine-tuned, you will turn challenges into personal bests and opportunities for growth.

#### **For Moving into a New Life Phase**

Are you facing a major life change such as divorce, relocation, or retirement? Perhaps even the loss of a loved one? If so, I will guide you and help you process the emotions associated with these changes. You will be able to navigate these transitions with enhanced emotional resilience and clarity.

#### **For Facing a Major Decision**

Do you find yourself yearning for a deeper sense of self-understanding regarding your passion, your purpose and your personal development? My approach will help you uncover and transform your limiting thoughts and patterns, thus opening new possibilities for growth, self-actualisation and personal fulfilment.

#### **For High-Achieving Professionals**

Do you feel successful and worthy on paper, but unfulfilled on the inside? Let's work together to align your career, and your professional path and goals, with your deepest values. I will help you find greater meaning and purpose in both your professional and personal life.

#### **For Personal Growth Seekers**

Are you at a crossroads in your life, your career, or perhaps your relationships? Together, we will tap into your body's wisdom, where you will discover how to make decisions that align with your authentic self. This will bring clarity and confidence to your choices, along with added fulfilment.

#### **For Dealing with Anxiety or Stress**

Do you often feel overwhelmed by chronic stress, tension or anxiety? Through my guidance, you will learn practical tools to regulate your nervous system in real-time. This will help you build a solid foundation of calm and centeredness to easily access and apply in your daily life.

#### **For Coping with Loss or Trauma**

Are you struggling to cope or move forward after a significant loss or traumatic experience? My gentle, body-centred approach allows you to process difficult emotions without reliving traumatic events. This will help you rebuild a sense of safety, and a renewed engagement with, and attitude towards, life.

**TRANSFORM YOUR PIVOTAL MOMENTS**

## WHY EMOTIONAL FITNESS MATTERS IN PIVOTAL MOMENTS

- ☀️ It goes beyond traditional coaching by integrating bodily wisdom
- 🌱 It creates deeper, more sustainable change during crucial life events
- 🎯 It is tailored to your unique experiences and pivotal life moments
- 🌍 It's proven effective across diverse challenges and transformative opportunities

## KEY BENEFITS OF EMOTIONAL FITNESS COACHING

- 🧠 Enhanced decision-making and leadership skills during critical times
- 🌊 Improved stress management and emotional regulation in high-stakes situations
- 🌿 Increased resilience and adaptability for life's pivotal moments
- 🌟 A deeper sense of purpose and fulfillment through transformative experiences
- 🚀 Improved performance in professional and personal pivotal moments
- 🦋 Greater self-awareness and authentic self-expression during times of change



## TESTIMONIALS

*I'm deeply grateful for the inspired, intuitive & incredibly compassionate way in which you have helped me. You have a profound gift that you have nurtured through your commitment to truth and goodness, and you choose to use this to bless others, which is rare and special.*  
—Seth 🙏

*As a practising Holistic Lifestyle and Health & Wellbeing Consultant, I have dealt with and referred many clients to a range of tools and techniques that could assist them with the release from emotional trauma and I find Matthew's technique to be a powerful one.*  
—Melissa ✨

*I worked with Matthew for several months and saw significant positive results. My skiing improved more in one season than in the previous 5 to 6 years, thanks to his athletic performance enhancement techniques. Additionally, my golf game improved, even without specifically focusing on it.* —Ken 🏆

*When you engage Matthew Green, it is as if an invisible new life force suddenly appears within you. You're in, and gently guided by, the very capable hands of an incredibly gifted and intuitive empath who has only your best interests, and outcomes, at heart. Thank you, Matthew, you're a rare gift and a rare gem, worlds apart and in a league of your own!* —Glen 💎

*I am on a roll in the office at the moment, I get through a lot of stuff and I enjoy it. I was able to meet a challenging situation with ease compared to how I previously would have responded.* —Michaela 📁

## ABOUT MATTHEW

Matthew Green is a pioneering coach with over two decades of experience in human development and emotional wellbeing. His unique approach combines traditional coaching methods with innovative body-centred techniques that will help you create profound, lasting change.

Matthew is the co-founder of 5th Place and co-creator of Shape of Emotion™ and the Model of Emotional Fitness.

## TRANSFORM YOUR MOMENTS

Book your **complimentary consultation** with Matthew today and discover how Emotional Fitness Coaching will help you navigate your life's pivotal moments and unlock lasting change.

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**UNLOCK YOUR FULL POTENTIAL**