



MENTAL
HEALTH MATRIX

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MHM EXECUTIVE

The Executive Mind Partnership

Private therapeutic counsel for people carrying consequential responsibility.

A confidential 90-day psychological and executive performance engagement



Gareth Strangemore-Jones
Founder, CEO & Clinical Lead

ONE PERSON / ONE PRIVATE PLACE / THE WHOLE PICTURE

Personally delivered by Gareth Strangemore-Jones,
Founder, CEO and Clinical Lead of Mental Health Matrix

For a free, no-obligation MHM Executive Discovery Call, [click here](#)

Confidential. No commitment. A private conversation with Gareth.

01 / WHY THIS EXISTS

Responsibility does not switch off when the meeting ends.

At a certain level, the challenge is rarely a shortage of intelligence, ambition or effort. It is the absence of a genuinely independent place to think, speak and work without needing to protect a board, reassure a team, manage an investor or contain the effect on the people closest to you.

MHM Executive is a one-to-one partnership spanning psychological wellbeing, leadership performance and the life behind the role. It is personally delivered by Gareth Strangemore-Jones, Founder, CEO and Clinical Lead of Mental Health Matrix.

Think more clearly. Lead more steadily. Perform in a way that remains sustainable as responsibility grows.

The pressure rarely stays in one box

A difficult commercial decision can affect sleep. Poor sleep can reduce judgement. Board conflict can follow you home. Private distress can alter confidence, communication and risk tolerance. Success itself can create isolation, relationship strain or uncertainty about identity and purpose.

This partnership may be right for you if...

- you carry decisions that materially affect other people, capital or reputation;
- pressure is affecting sleep, focus, confidence, mood or relationships;
- you need privacy and independence beyond an internal coach or leadership programme;
- you are navigating growth, promotion, conflict, acquisition, exit or succession;
- you want to act before sustained pressure becomes impairment.

You do not need a diagnosis and you do not need to consider yourself mentally unwell.

02 / THE PARTNERSHIP

One person. One private place. The whole picture.

Rather than treating an executive problem, a psychological problem and a private-life problem as separate issues, MHM Executive considers the complete system surrounding how you feel, decide, relate and perform.

CLARITY

See what is really driving the pressure

Separate signal from noise, understand recurring patterns and regain perspective on the decisions in front of you.

STABILITY

Restore steadiness and cognitive capacity

Reduce overload, strengthen emotional regulation and improve sleep, recovery, concentration and tolerance of uncertainty.

CAPACITY

Perform well without disappearing into the role

Work on boundaries, delegation, communication, conflict, confidence and relationships while remaining fully human.

SUSTAINABILITY

Build a personal operating system

Create practical principles, early-warning indicators and protective practices that continue to work after the engagement.

The MHM Executive method

01 Map

Understand the person, the role, the environment and the pressure.

02 Stabilise

Restore steadiness, sleep, recovery and a greater sense of control.

03 Strengthen

Improve decision-making, communication and performance under pressure.

04 Sustain

Consolidate progress in a Personal Operating Plan built for your real life.

Your Executive Matrix

This is not a label or a personality test. It is a confidential working map of the factors most likely to influence how you feel, decide, relate and perform. Clinical measures are used only where they add genuine value.

03 / EXECUTIVE RESET

Structured enough to create momentum. Personal enough to meet the reality.

The Executive Reset is an intensive 90-day engagement designed to restore clarity, stability and sustainable performance without requiring you to step away from the responsibilities you carry.

START STRONG

Confidential consultation and Executive Matrix

A private 30-minute suitability consultation, followed by two 90-minute Executive Matrix sessions covering psychological wellbeing, sleep, performance, relationships, leadership pressures and current priorities.

GO DEEPER

Ten weekly 75-minute one-to-one sessions

Live work with Gareth shaped around your priorities, not a standard curriculum. Sessions can integrate psychological depth, present-day decisions and practical change.

STAY CONNECTED

Responsive support between sessions

Two short tactical calls each month for significant decisions or heightened pressure, plus secure messaging on working days within agreed professional boundaries.

MAKE IT PERSONAL

Resources selected and created for you

Curated MHM courses, articles and exercises, plus up to three bespoke mindfulness, clinical hypnotherapy or psychological rehearsal recordings.

CONSOLIDATE

A two-hour review and Personal Operating Plan

A clear view of progress, remaining risks, early-warning signs, continuing priorities and the practices that will support you beyond the 90 days.

This is not a course to complete. It is a private working relationship built around the life you are actually leading.

2 EXECUTIVE MATRIX SESSIONS / 10 WEEKLY SESSIONS / 1 TWO-HOUR REVIEW

04 / BUILT FOR DEMANDING LIVES

Continuity wherever work takes you.

LIVE ONLINE

The core service, not a reduced version

Secure online sessions make it possible to continue the work across international travel, demanding schedules and different time zones.

IN PERSON

Private work in the UK or internationally

One- or two-day intensives can be arranged at your home, office, hotel, private members' club or another suitably private venue, subject to professional and jurisdictional requirements.

THE WIDER SYSTEM

Support that recognises the life around the role

Where it supports the agreed work, one session may include a partner or family member. With explicit consent, Gareth may also liaise with an appropriately qualified professional.

Privacy is designed in

- Session content is not reported to a board, employer, investor, colleague, family office or adviser.
- If an organisation funds the engagement, a separate agreement defines the client, the payer and exactly what may be shared.
- Sensitive clinical information is handled separately from ordinary sales and marketing records.
- Sessions are not routinely recorded and no AI transcription or analysis is used without explicit prior consent.
- Professional confidentiality applies, subject only to agreed, legal and serious-risk limits explained before work begins.
- Funding, status or organisational pressure never gives another party ownership of your private psychological information.

MHM Executive is not an emergency, addiction-treatment, medical or psychiatric service. Where another level of specialist care is needed, Gareth will discuss the safest and most appropriate next step.

PRIVATE BY DESIGN / FLEXIBLE BY DEFAULT / HUMAN THROUGHOUT

05 / PERSONALLY DELIVERED

Gareth Strangemore-Jones



Founder, CEO and Clinical Lead, Mental Health Matrix

Gareth is a clinical psychotherapist, pluralistic counsellor, solution focused clinical hypnotherapist, psychotherapeutic life coach and mindfulness teacher.

His wider background encompasses corporate communications, marketing, journalism, broadcasting, teaching and business development. This allows the work to consider both the psychological reality of the person and the commercial reality in which they are operating.

To see Gareth's profile, [click here](#)

"Capable people rarely need to be told to work harder. They need enough space, honesty and challenge to see clearly again."

Warm. Direct. Evidence-led. Non-directive.

Gareth's role is not to turn you into a version of him or prescribe a ready-made leadership philosophy. It is to help you recover perspective, recognise patterns, test assumptions and make decisions that remain genuinely your own.

Why MHM Executive is different

- Personally delivered by the Founder and Clinical Lead of MHM.
- Psychological depth combined with an understanding of present-day performance.
- Independent of your board, employer, investors and internal politics.
- Responsive to real decisions and pressure rather than tied to a fixed curriculum.
- Supported by the wider Mental Health Matrix library and specialist referral network.
- Limited client numbers so the relationship remains genuinely personal.

Professional standing

Professional memberships and registrations include the National Counselling and Psychotherapy Society, the Complementary and Natural Healthcare Council, the National Council for Hypnotherapy and the Association for Solution Focused Hypnotherapy.

06 / INVESTMENT

The 90-day Executive Reset

£7,500
plus VAT

Or three monthly payments of £2,750 plus VAT, totalling £8,250 plus VAT.

IN-PERSON OPTION

One full intensive day

£8,500 plus travel time and expenses

Two consecutive intensive days

£15,000 plus travel time and expenses

Travel arrangements

Travel time is charged at £1,250 per half-day or £2,500 per full day. First-class rail, appropriate flexible air travel, suitable four- or five-star business accommodation, transfers, venue costs and reasonable subsistence are paid by the client and agreed in advance.

Continue when it remains valuable

SIX MONTHS

£12,000

Plus VAT paid upfront, or six monthly payments of £2,200 plus VAT, totalling £13,200 plus VAT. Offered by mutual agreement after the Executive Reset.

TWELVE MONTHS

£21,000

Plus VAT paid upfront, or twelve monthly payments of £1,925 plus VAT, totalling £23,100 plus VAT. Offered by mutual agreement.

There is no automatic renewal. The engagement may be funded personally, through a company, by an employer or through a family office, subject to appropriate contracting and confidentiality arrangements.

What the investment reflects

The fee reflects the depth of the work, direct access to Gareth, responsive support throughout the engagement and the limited number of MHM Executive clients accepted at any one time.

07 / BEGIN WELL

A private conversation before any commitment.

Every engagement begins with a confidential 30-minute suitability consultation with Gareth. It is a chance to discuss what is happening, ask questions and establish whether the relationship is professionally and personally right for you.

- 1 Arrange the suitability consultation.
- 2 Meet Gareth privately and discuss your priorities.
- 3 Review the formal engagement agreement and confidentiality arrangements.
- 4 Choose your payment option and reserve the 90-day schedule.

You do not have to carry every consequential decision alone.

EXPLORE MHM EXECUTIVE

For a free, no-obligation MHM Executive Discovery Call, [click here](#)

To see Gareth's profile, [click here](#)

www.mentalhealthmatrix.com/mhm-executive | gareth@mentalhealthmatrix.com

This brochure summarises the MHM Executive service but does not create a clinical relationship or replace the formal engagement agreement. Availability is subject to professional suitability, jurisdictional requirements and capacity. Fees are confirmed in the formal engagement agreement.



Gareth Strangemore-Jones

FOUNDER, CEO & CLINICAL LEAD

MENTAL HEALTH MATRIX (Therapy / Courses / Media / Resources)

Gold standard understanding, intelligently delivered.

MHFA, DCST, PDPCP, HPD, DSFH, DMH, AHD, NCTJ, MSC-CPA, PGCE (FE) I & II
MNCPS (Reg.), MNCH (Reg.), MCNHC (Reg.), MAfSFH (Assoc.)
PSA (Acc.), FSE (Fellow), IFfS (Assoc.)

Mental Health First Aider, Pluralistic Counsellor, Clinical Psychotherapist
Consultant Medical Hypnotherapist, Mindfulness Teacher
PGCE-Trained Teacher, Lecturer, Corporate Trainer, Workplace Wellbeing Consultant
PR & Marketing Consultant, Psychology & Behaviour Advisor
Author, Journalist, Broadcaster
Advocate for Mental Health, People & Planet

Telephone: +44 (0)7419 195673

Email: gareth@mentalhealthmatrix.com

Website: www.mentalhealthmatrix.com

LinkedIn: www.linkedin.com/in/garethsj

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Pluralistic by design. Solution-focused by nature. Person-centred at heart.