

MENA ANTONIO

HELPING WOMEN GO FROM GOOD TO GREAT WITH THE DIASPORA WAY

The Diaspora Way is a range of self-leadership programmes and coaching services helping people through key change, aligning external goals with inner core purpose.

"My system is based on the 'diaspora' which refers to the scattering of people living elsewhere but maintaining a deep connection with home," explains Mena.

"Home" is used in a metaphysical sense, she says. "Programmes are designed to bring each back to the true, whole self as it is more important about who we are, than what we do."

The "Get Clear, Bold & Real Series" is an introductory workshop that includes simple diagnostic to clarify purpose, and activities which lead to producing the diaspora charter, a 12 month map addressing obstacles, and framing goals using business strategies and faith teaching. Spirituality must be included when addressing the whole person.

The Diaspora Way is aimed at those who are motivated to go "from good to great," Mena says, and is a very effective programme for graduates.

"I work from the inside-out with people who are stuck, unclear or immobilised to take the next big step. I recalibrate what is driving their decisions, beliefs, fears and doubts, and help shift what's in the way.

"I transition people from living on automatic to living wholeheartedly, and fun. Fun is vital."

Mena is no stranger to change herself. She grew up in a family whose parents immigrated from Samoa. She says standing outside of the mainstream and straddling multiple cultures has its challenges, but also gifts valuable insights.

She served in the New Zealand Army as full corporal in the Royal Corps of Signals, qualified as a lawyer, gained two postgraduate qualifications in



communications management and museum and heritage, and enjoyed a successful career in project management in New Zealand and Britain.

One of Mena's challenges were the many changes occurring when moving to Masterton with her husband and two children.

"I was wildly ambitious and my career stopped dead. I was also unprepared for full time parenting and later when my children started school. Years invested in figuring out how to get unstuck, getting clear what was truly meaningful without forsaking the dreams resulted in amazing breakthroughs which are now shared to help others."

Over the years Mena has had mentoring roles involving youth, lawyers and senior education managers.

Mena works with groups, individuals one-on-one, leads workshops and retreats. This month's immersive retreat is at Kopua Monastery in Dannevirke on 26-28 June, with more scheduled in Wairarapa in July and August.

For more information, see The Diaspora Way Facebook page and www.thediasporaway.co.nz

" No one has ever made me see possibilities the way Mena sees them" - TJ

" Magnificent Mena" - Rachel

" The journey of the past four weeks has been a guiding light for all that I am and can be..." - Sandra.