



Shore Times

Stuff Home | Auckland | Local News | **North Shore Times**

Kia ora, Guest

Classifieds | Opinion | Events | About Us | Latest Edition | North Shore Homes

Awesome service award for psychologist

North Shore Times

Last updated 11:37 26/02/2010

[Text Size](#) | [Print](#) | [Share](#)

Thirty years of helping people beat their fear of flying has won Beach Haven psychologist Grant Amos a MYOB Awesome Service Award.

Since he started in 1980 he's helped 6500 people through his Fear of Flying seminars, explaining why they don't need to panic about catching a plane.

He was nominated by former flying-hater Sandra Lawrence.

She flew through one of his seminars in 1998 because she wanted to go to England - her first visit since arriving in New Zealand in 1956 by boat - but was scared to fly.

"I learned I was a shallow breather, and that is worse when you are in fear. I accepted I couldn't always have control, the importance of relaxation, hydration, and correct diet before flying, to be in peak condition for a flight, and not to dwell on the what ifs."

Sarah had to put her new found wisdom to use when she missed a connecting flight home from Toronto. Her luggage was sent on to Auckland but she was stranded in Canada for four days.

"I was upset but was totally in control of the situation."

Last year her family gave her and her husband a trip to Queenstown. "Twelve years ago I would have refused to go. If you had seen me flying through the Queenstown mountains you would never have known I was once a terrified flyer."

The New Zealand-wide awards go to people who provide inspirational client and customer service.

Mr Amos says for every person he helps, three others benefit.

"It might be family who couldn't holiday overseas because of their family member's fear of flying, or it might be staff who have to take that person's place on business trips.

"Holidays can be stressful, rather than pleasant, because there is always the chance that the person with the fear will pull out. Once they are at the destination they relax for a day or two, but then begin the wind-up for the return journey."

Auckland Chamber of Commerce chief executive Michael Barnett, who selects MYOB award winners, flies tens of thousands of kilometres a year.

"Being unable to fly out of fear must be awful and I feel for those who are."

"Mr Amos gets a big tick for helping them - especially for helping so many for so long."

Award nominations can be made online to www.awesome-service.co.nz.

Next North Shore Times story:

- [Spongebob wins the day](#)
- [Auckland Homepage](#)

Share this page

- Email
- Facebook
- MySpace
- Digg
- StumbleUpon
- Delicious
- Reddit
- LinkedIn
- Twitter

North Shore Times Headlines

- Girl, 8, shot in leg
- Awesome service award for psychologist
- Spongebob wins the day
- Trekking NZ's great walks to raise funds
- Homes open to save the Masonic
- Shuttle service for North Shore
- New bus stops for the Shore
- Authority recommends salary increase for councillors despite small workload
- Blue's back home again
- Rats infest beach
- Market day takes off
- Iron test is a life-saver
- CHEESE GLORIOUS CHEESE FEST! March 3rd
- Volunteers make Round the Bays happen

Local News Headlines

- Aid flight for Cook Islands delayed
- Girl, 8, shot in leg
- Awesome service award for psychologist
- Safety signs in place
- Not a super sale

Local News | Sport | Opinion | Features | Northland | Photos | Contact Your Local Paper | Classifieds | Real Estate

Auckland Stuff [Contact Us](#)

Stuff.co.nz [About Us](#) | [Contact Us](#) | [Mobile](#)

Subscribe [Text](#) | [Follow us on Facebook and Twitter](#) | [Newspapers](#) | [Magazines](#)

Services [Newspapers in Education](#) | [A-Z Directories](#) | [Online Advertising](#) | [Print Advertising](#)

Classifieds [Trade Me](#) | [Jobs](#) | [Property](#) | [Motors](#) | [Accommodation](#) | [Services](#) | [Business](#) | [Real Estate](#)

Breaking news?

Send us your photos, videos and tip-offs:

Email newstips@stuff.co.nz

Phone 0900 607 8833

Classmeets [Trade Me](#) | [Jobs](#) | [Property](#) | [Motors](#) | [Accommodation](#) | [Personals](#) | [Newspaper Classmeets](#)

PHONE 0800 097 000

Newspapers [Dominion Post](#) | [The Press](#) | [Waikato Times](#) | [Auckland Stuff](#) | [Sunday News](#) | [Sunday Star-Times](#)

[Marlborough Express](#) | [Manawatu Standard](#) | [Nelson Mail](#) | [Southland Times](#) | [Taranaki Daily News](#) | [Timaru Herald](#)

Other Sites [Cuisine](#) | [NZ House & Garden](#) | [NZ Fishing News](#) | [NZ Life & Leisure](#) | [NZ Gardener](#) | [Fairfax Archives](#)



© 2010 Fairfax New Zealand Limited
Privacy