



THE BIG FREEDOM

Get Out Of Your Own Way.

A person stands on the peak of a dark, rocky mountain, looking out over a vast landscape. The sun is low on the horizon to the right, casting a bright, golden glow across the sky and reflecting on a body of water in the distance. The mountains in the background are silhouetted against the bright sky. The overall mood is one of solitude and contemplation.

You don't need fixing.
You need to realise
there is *nothing* wrong with you.

WHAT IF...

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You don't need fixing?



SELF-SABOTAGE IS NOT A
PERSONALITY FLAW.
IT'S A PROTECTIVE STRATEGY.

You learnt it to survive.
You kept it to stay safe.
Now it's keeping you small.

The Big Freedom is a transformational
experience that helps you dissolve the
patterns that hold you back and return
to the truth of who you are.

*This isn't about becoming someone new.
It's about remembering who you've
always been.*

BEFORE

LIVING ON AUTOPILOT

Overthinking everything

Waiting for the right time

People-pleasing to feel safe

Self-doubt and comparison

Stuck in the same cycles

Feeling exhausted and unfulfilled



AFTER

LIVING IN FREEDOM

Clarity that cuts through the noise

Confident, aligned decisions

Authentic relationships

Unshakeable self-belief

Breaking old patterns for good

Energy, purpose and deep fulfilment



YOU WERE NEVER THE PROBLEM.
YOUR SURVIVAL STRATEGIES WERE.

THE MESSAGE. THE MOVEMENT. THE FREEDOM.

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TOM FORTES MAYER

AUTHOR. THERAPIST. SPEAKER.
FOUNDER OF FREEDOM CO.
SELF-SABOTAGE SPECIALIST.

Tom challenges the modern self-help and therapy industries. Known for his raw honesty and refusal to sugar-coat the human condition, his work focuses on one question:

why do intelligent, capable people keep sabotaging their own lives?

After years of professional training in therapeutic practice and two decades working with thousands of clients, Tom created the **Unf*ck Your Self Process** — a direct, structured system designed to help people break free from unconscious patterns and reclaim control of their lives.

Blending deep psychological insight with irreverent humour and unapologetic clarity, Tom is a compelling voice in modern mental health — and a **relentless advocate for personal freedom.**

“

*Tom brings the deepest psychological tools and techniques to totally **transform your life**. He helped me identify some massively limiting beliefs about success and he also helped me stop certain destructive habits that were holding me back. My business has gone from a **3 million** turnover to a **60 million** turnover.*

”

SEAN MCGUIGAN,
CO-FOUNDER, GRANEMORE GROUP

— MEET YOUR FACILITATOR —

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RHIA PRATSIS

REAL EMBODIMENT.
DEEP HEALING.
COMING HOME TO YOURSELF.

Rhia helps people reconnect with themselves through deep presence, somatic healing and profound compassion.

Her work isn't about escaping reality.
It's about becoming fully present within it.

She creates a space where people feel safe enough to let go of who they thought they had to be and remember who they really are.

With over 25 years of experience, Rhia is the creator of the Body Talk System, a Somatic Therapist, Sacred Embodiment Practitioner and a specialist in Trauma Healing and Sacred Connection.

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*I could not have imagined just how much Rhia would give me. The thing that surprised me most was that I felt so much **strength and power**. She really brought me back to myself and reminded me just what I am capable of. I felt **hopeful and alive** for the first time in my life.*

”

— EVENT PARTICIPANT —

— THE BIG FREEDOM —

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FREEDOM

looks different for everyone.

There isn't one version of freedom.
For some, it's finally saying no.
For others, it's letting go of anxiety.
Sometimes it's reconnecting
with a relationship.
Sometimes it's reconnecting
with yourself.

“
*I finally understand why I kept
getting in my own way. This weekend
changed everything. I feel lighter,
clearer and more me than
I have in years.*

— JAMES, 41 —

Business Owner, London

“
*Tom's insights cut through all the
noise. Rhia's sessions opened my
heart in a way I didn't think
was possible. I left with real
breakthroughs.*

— SOFIE, 38 —

Therapist, Brighton

“
*This wasn't just a weekend.
It was the turning point
I've been searching for.
I feel free in a way that
words can't capture.*

— MARK, 45 —

Father of Two, Bristol

“
*I've done a lot of personal
development over the years.
Nothing has had the impact
this weekend has.
Game changer.*

— LAURA, 34 —

Marketing Director, Manchester

Real people. Real freedom.

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THIS IS YOUR INVITATION.

The shift starts
the moment you decide.

You don't need fixing.
You need to see clearly.
You need the right tools.
And you need a space
where you're not alone.

Freedom Co is that space.
The Unf*ck Your Self Process is the map.
This is how you get out of your own way.

It's time.

You will **break free** from the patterns that keep you stuck.
You will gain **CLARITY** on what really matters.
You will build **CONFIDENCE** in who you really are.
You will create **DIRECTION** and a life that feels like you.
And you will feel a deeper **CONNECTION** – with yourself
and with others who get it.

STEP INTO FREEDOM.
JOIN THE MOVEMENT.

FREEDOMCO.LIFE