

A TRANSFORMATIONAL
WEEKEND EXPERIENCE

THE BIG SHIFT

GET OUT OF YOUR OWN WAY.



BREAK FREE
FROM LIMITING
PATTERNS



CLARITY
ON WHAT
MATTERS



CONFIDENCE
IN WHO YOU
REALLY ARE



DIRECTION
TO CREATE THE LIFE
YOU WANT

STOP HOLDING YOURSELF BACK. START LIVING FREE.

WHAT'S KEEPING YOU STUCK:



OVERTHINKING

You replay, worry, and wait for the “right time” that never comes.



FEAR & SELF-DOUBT

You let fear of failure, judgement or not being enough hold you back.



LIMITING BELIEFS

Old stories and beliefs keep your potential locked away.



PEOPLE PLEASING

You lose yourself trying to meet everyone else's expectations.



PAST PATTERNS

You keep repeating the same cycles and getting the same results.

WHAT YOU'LL GAIN:



CLARITY & TRUTH

Uncover what's really holding you back and see the truth with new eyes.



FREEDOM FROM LIMITING BELIEFS

Dissolve the stories and beliefs that keep you small.



CONFIDENCE & SELF-TRUST

Step into your power and build unshakeable self-belief.



DIRECTION & PURPOSE

Create your next chapter with clarity, purpose and a plan.



A LIFE ON YOUR TERMS

Live with freedom, alignment and the courage to be you.

YOU WERE NOT BORN TO PLAY SMALL.

IT'S TIME.

STEP OUT OF THE DARK. INTO YOUR LIFE.

— MEET YOUR FACILITATOR —

TOM FORTES MAYER



Most people aren't broken.
They're running unconscious
patterns that quietly sabotage
their lives.



26+ YEARS
working with thousands
of clients



CREATOR OF THE
UNF*CK YOUR SELF PROCESS



TEDx SPEAKER



FEATURED IN
BBC, Metro, Women's Health

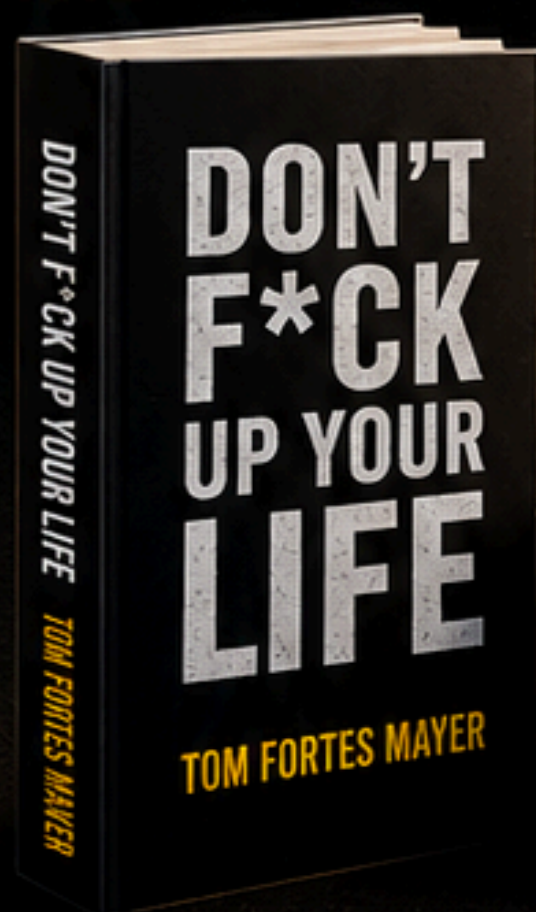


SPECIALIST IN
self-sabotage &
behaviour change

Known for challenging the
self-help and therapy industries,
Tom focuses on one thing:
**FIXING THE PATTERNS –
NOT JUST TALKING
ABOUT THEM.**

THIS WEEKEND ISN'T
ABOUT INSIGHT.

IT'S ABOUT CHANGE.



— MEET YOUR FACILITATOR —

RHIA PRATSIK



Known for challenging the love and light spirituality. Rhia focuses on keeping it raw and real.



OVER 25 YEARS
experience



CREATOR OF THE
BODY TALK SYSTEM



SOMATIC THERAPIST



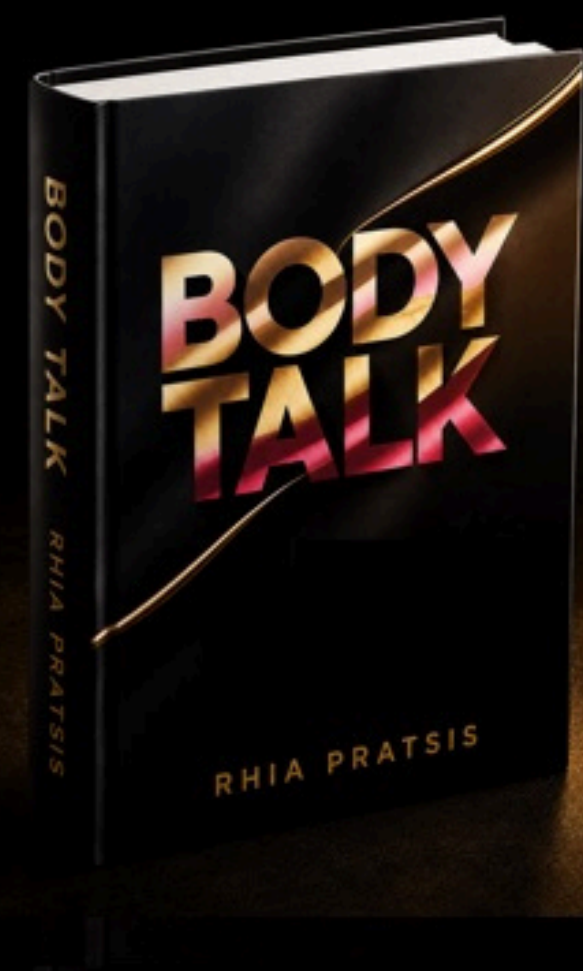
SACRED EMBODIMENT
PRACTITIONER



SPECIALIST IN TRAUMA
HEALING AND
SACRED CONNECTION

THIS WEEKEND ISN'T
ABOUT THE SURFACE LEVEL.

IT GOES DEEP.



— RAW. REAL. TRANSFORMATIONAL. —
THIS IS WHERE THE SHIFT HAPPENS.

REAL PEOPLE. REAL CHANGE.



“

Tom and Rhia’s work is profound, unique and beautiful.

SAM CONNIFF



“

I’ve done years of work on myself and still felt stuck. This created deep shifts in patterns that have shaped my life for decades. Transformation can happen quickly — and safely.

FRANK REEVES



“

I was carrying crippling self-doubt, fear and resentment. This work didn’t just help — it lifted it. I feel more confident, at peace, and genuinely excited for the future.

STEPHEN MULLAN



“

Having tried many approaches, this is without doubt the most powerful and effective work I’ve experienced. It brought real empowerment, clarity, and a renewed sense of joy for life.

LESLEY FOX-O'REILLY

REAL STORIES. REAL RESULTS. REAL TRANSFORMATION.



IT'S TIME.



You don't need
more time.

You don't need
more information.

You need to deal with
*what's actually
holding you back.*

That's what this
weekend is for.

**STEP OUT OF THE PATTERNS.
STEP INTO YOUR LIFE.**

> APPLY NOW

LIMITED PLACES. REAL WORK. REAL CHANGE.



**THIS WEEKEND COULD BE THE TURNING POINT.
MAKE IT YOURS.**