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The answer is not one big political solution.
The answer is millions of personal evolutions.
So, we have to make transformation
appeal to the masses.”


Thomas Fortes Mayer



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Author, therapist, speaker and global ambassador for the **REAL** mental health movement. Tom is an outspoken challenger of the modern self-help and therapy industries. Known for his raw, provocative style and refusal to sugar-coat the human condition, his work focuses on one central 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 became increasingly frustrated with approaches that endlessly analyse problems without resolving them. In response, he developed the **Unf*ck Your Self Process** — a direct, structured system designed to help people fix their own unconscious sabotage patterns and reclaim control of their lives without the need for medication or decades of whining with expensive cardigan-wearing, dependency-creating, rip-off merchants.

His work sits at the intersection of psychology, personal responsibility, conscious leadership and social critique.

Tom argues that much of modern culture quietly rewards disconnection, distraction and self-abandonment — and that **real change requires confronting these patterns head-on yourself.**

Blending deep therapeutic insight with irreverent humour and unapologetic clarity, Tom is a **compelling guest** for conversations about self-sabotage, modern therapy culture, personal freedom, and why so many high-functioning people feel quietly stuck despite doing “all the right things.”



MY UNIQUE TOPICS

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My life was transformed in a **single-event epiphany**. I am walking, talking evidence that anyone can radically change their life in an instant. Since that moment in the year 2000, I have been obsessed with the art and science of engineering epiphanies and rapid transformation.

In every talk I deliver, I dedicate every fragment of my being to doing my best to create **lasting life changes** for everyone in your audience. Here below are the main set pieces I can deliver, but I love creating bespoke presentations for the exact needs of your audience or event.



THE ART & SCIENCE OF **BEING YOUR BEST**

Access the extraordinary power of the unconscious mind to discover your greatest capability, capacity and confidence. Expect an immersive, experiential journey into the source of your most amazing self and learn practical tools to take your whole life to the next level. Discover how teams and organisations can build a beautiful culture that drives more creativity, collaboration and innovation.



THE POWER OF THE **IMPOSTER WITHIN**

Discover the surprising truth about Imposter Syndrome and the self-sabotage that underpins it. The cost to the global economy is immense, and if unchecked it kills careers and companies. Learn how these limiting and destructive parts of ourselves and our people can be transformed into our greatest assets. People can then get out of their own way and start enjoying much more success and happiness much more easily than ever before. Once transformed the Imposter Within can become our greatest ally.



ONENESS & WONDER

A fascinating whistle-stop tour of our extraordinary universe, the magic and madness of non-dual quantum reality, and what that means about life and our place in it. In this liberating talk, you will be taken on a journey from the small, limited, and fearful personality to experience directly the beauty of the large, unlimited, loving universality that is the singular field of consciousness that we are all part of.

INTRODUCTION

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Today's guest is Tom Fortes Mayer, social entrepreneur, success psychologist, author, speaker and global ambassador for the **REAL** mental health movement. His latest book, 'Don't F*ck Up Your Life' is a culmination of his **26 years** of looking at why intelligent, capable people sabotage their own success and happiness.

Thomas is known for challenging the self-help and therapy industries, arguing that much of modern personal development teaches people how to cope with their problems rather than actually solve them.

After working with thousands of clients, he developed his unique **Unf*ck Your self system** that teaches people how to identify the unconscious patterns quietly sabotaging their lives — and renegotiate them at the root.

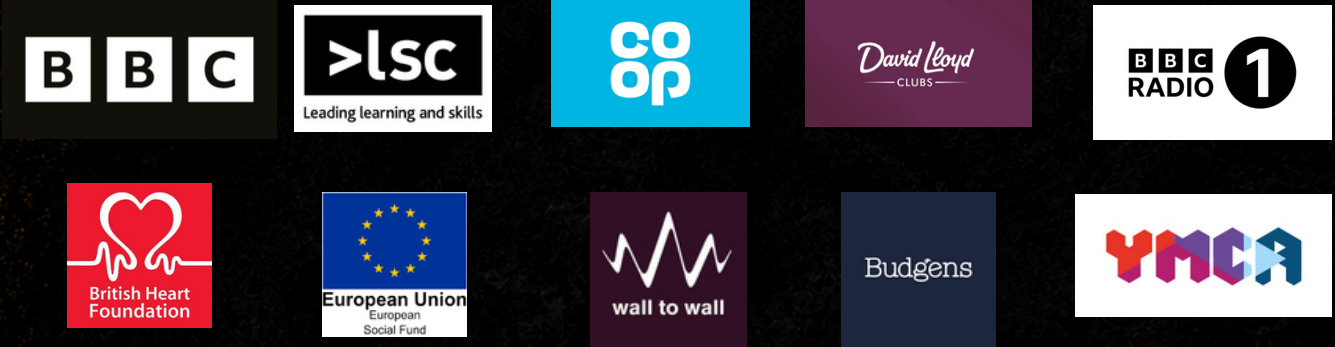
His message is simple but powerful: most people aren't broken — they're over-adapted.

SUGGESTED QUESTIONS

- 1 Why do intelligent, capable people still sabotage their own lives?
- 2 Why doesn't insight automatically create change?
- 3 What's the difference between coping with a pattern and actually dissolving it?
- 4 What is the "Survival Rule" and how does it shape our lives?
- 5 Why do so many people feel stuck despite doing therapy and self-help?
- 6 What role does fear play in everyday decision-making?
- 7 Why is the part of us that sabotages our lives actually trying to protect us?
- 8 Why do some people resist change even when they consciously want it?
- 9 What does it actually mean to "be on your own side"?
- 10 If someone realises they're sabotaging their life, what should they do first?

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