



CLIENT TRANSFORMATIONS

Real stories of healing, breakthrough and lasting change

Working with Francesco

WILL CHEELD

From Emotional Pain and Hopelessness to Healing, Trust and Feeling Reborn



BEFORE

- Feeling emotionally overwhelmed and mentally exhausted
- Carrying unresolved emotions from the past into daily life
- Struggling internally while trying to function normally
- Feeling stuck in emotional pain impacting loved ones
- Fearful and sceptical about therapy itself

THE TRANSFORMATION

- Identified true emotional root causes behind his suffering
- Accessed unresolved emotions connected to the past
- Released emotional pain affecting his present life
- Created meaningful emotional change rapidly
- Felt profound relief after just one session

WILL CHEELD

LIFE AFTER THE WORK



2 SESSIONS

- Emotionally lighter and happier
- More hopeful and optimistic about life
- Greater emotional awareness and self-understanding
- Confidence in managing negativity
- Deep trust in the therapeutic process
- Feeling calmer, grounded, and connected to life

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"I still feel reborn and most importantly, forever grateful."

— Will Cheeld

MAMI MASHKOORI

From Survival Mode and Emotional Exhaustion to Strength, Self-Worth and Inner Power



BEFORE

- Years of silent emotional battles and internal struggle
- Anxious, guarded, and emotionally overwhelmed
- Living in constant emotional protection and hypervigilance
- Disconnected from her true self and identity
- Burdened by trauma and past pain

THE TRANSFORMATION

- Understood her triggers and emotional reactions
- Felt emotionally safe for the first time
- Stopped identifying herself through trauma
- Reconnected with courage and inner resilience
- Rediscovered her voice, dignity, and self-worth

MAMI MASHKOORI

LIFE AFTER THE WORK



MULTIPLE SESSIONS

- Stronger, calmer, and more emotionally grounded
- Living with greater self-trust and confidence
- Empowered rather than defeated by the past
- Reconnecting with hope, possibility, and purpose
- More authentic, courageous, and emotionally alive
- Reclaimed the identity she had lost

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"I walked in feeling like someone who had endured too much. I walk forward now feeling like a warrior who finally knows she was one all along."

— Mami Mashkouri

JON MCGRATH

From Emotional Overwhelm and Trauma to Calmness, Clarity and Emotional Freedom



BEFORE

- Deeply struggling with anxiety, stress, guilt and regret
- Persistent worry and mental overwhelm
- Previous CBT therapy did not create breakthrough
- Emotionally consumed by traumatic life events
- Felt the emotional weight was relentless

THE TRANSFORMATION

- Focused on emotional responses, not retelling events
- Emotional intensity dropped from 8 to 1 out of 10
- Emotional pressure released after one hour of work
- Experienced meditation and emotional processing
- Complete shift in relating to traumatic events

JON MCGRATH

LIFE AFTER THE WORK



A FEW SESSIONS

- More grounded and emotionally stable
- Better able to process difficult emotions
- More hopeful and positive about life
- Less controlled by anxiety and overwhelm
- More emotionally resilient and self-aware
- Capable of moving forward, no longer trapped

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"The feelings of anxiety, stress and emotional heaviness that had been building for weeks suddenly felt released."

— Jon McGrath

RORY MCCLOSKEY

From Lifelong Anxiety and Overthinking to Presence, Peace and Self-Trust



BEFORE

- 25 years of anxiety, depression, emotional instability
- Constant overthinking and negative self-talk
- Periods of alcohol misuse to cope emotionally
- Multiple diagnoses reinforced feeling broken
- SSRIs, CBT, DBT brought no lasting change

THE TRANSFORMATION

- Understood how conditioning shaped his suffering
- Learned to quiet the constant mental noise
- Released long-held emotional negativity
- Developed deep self-trust and intuition
- Meditation became a turning point in healing

RORY MCCLOSKEY

LIFE AFTER THE WORK



5 MONTHS

- Greater emotional stability and inner calm
- Reduced anxiety and overthinking
- Improved family relationships
- Stopped mood-related medication
- Greater presence and enjoyment of life
- Deep sense of optimism, freedom, and peace

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"I have become very present. I am no longer preoccupied about my past or worried about my future. Life just seems to flow."

— Rory McCloskey

KAYLUM NEWELL

From Despair and Emotional Crisis to Purpose, Healing and Connection



BEFORE

- Lifelong mental health struggles
- CBT and talking therapies brought little lasting impact
- Painful breakup led to darkest period of his life
- Experiencing severe emotional pain and hopelessness
- Contemplating suicide and planning how it might happen

THE TRANSFORMATION

- Felt deeply safe, supported, and intentionally guided
- Prepared mind, body, and nervous system for healing
- Learned to surrender rather than resist the experience
- Saw clearly why he had been stuck in painful patterns
- Found healing through connection and community

KAYLUM NEWELL

LIFE AFTER THE WORK



RETREAT + ONGOING

- Healthier and more grounded habits
- Lasting positive behavioural changes
- More emotionally stable and purposeful
- Greater clarity and self-compassion
- Deeper connection with life and others
- Stronger sense of meaning, direction, and hope

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"What I received from the experience was something I had been searching for years: purpose and understanding."

— Kaylum Newell