

INDIVIDUAL RESULTS



TREVOR

“Man! This has been a struggle — but one I’m so f-cking glad I took on.

A relative told me to connect with Coach T, and at the time, my life was spiraling out. I was a young military recruit with zero direction. Couldn’t even put my finger on what was wrong. I joined the military thinking it’d fix me — like, maybe it’d build me up, give me some self-esteem, make me feel like a real man. But it didn’t. It just pushed me further into a shell.

My porn addiction, the drinking, the total lack of healthy relationships with women — hell, with anyone — it was all out of control. I had no real friends, no trust, nothing solid in my life. I’ll admit it here: I was a full-on f-cking incel.

I even considered ending it all. Suicide was on the table.

Working with Coach T — those first 90 days? Sh-t was tougher than bootcamp. This wasn’t just physical, it was mental, emotional, soul-deep. But this dude walked with me. I remember being deployed, halfway across the damn world, having a meltdown, and calling Coach T at 3 a.m. his time. And he picked up. We got on Zoom, and he coached me through calming techniques right then and there.

When I got back, we met in person for a weekend of deeper hypnotherapy. He even flew out to my base. That’s next-level. The online course helped prep me for our 1:1 work, and man, I don’t even have words for the kind of hell I had to walk through — but I did walk through it.

Confronting my childhood sexual abuse early in life? That changed everything. Coach T’s resiliency coaching? There’s nothing else like it. He’s got this approach called **ubuntu** — and I vibed with it hard. He helped me face my demons, and because of that, I’ve built healthy relationships. I’m getting married soon. I bought my first f-cking home. I’ve got a plan for life after military service. And now? Now I’m mentoring other survivors in the military.

I don’t even want to imagine where I’d be — or if I’d still be — if I hadn’t joined this program and met Coach T. Ubuntu. I don’t see him as just a coach anymore. He’s my big brother.

We all carry sh-t from our past that keeps us stuck. But if you even suspect something happened to you — if you’re a man dealing with unresolved childhood trauma — and you don’t take advantage of this kind of dedication, loyalty, and flat-out awesomeness? You’re f-cking crazy.”

[**YOU READY! START HERE**](#)