

# CLIENT TESTIMONIALS

Client Stories from the 2026 Men's  
Transformation Program

*Scott Ste Marie*

## WHAT YOU'LL FIND INSIDE

The men who joined this program came in stressed, self-critical, and exhausted by their own minds. Below are their real stories — shared in their own words — from the January 2026 cohort.

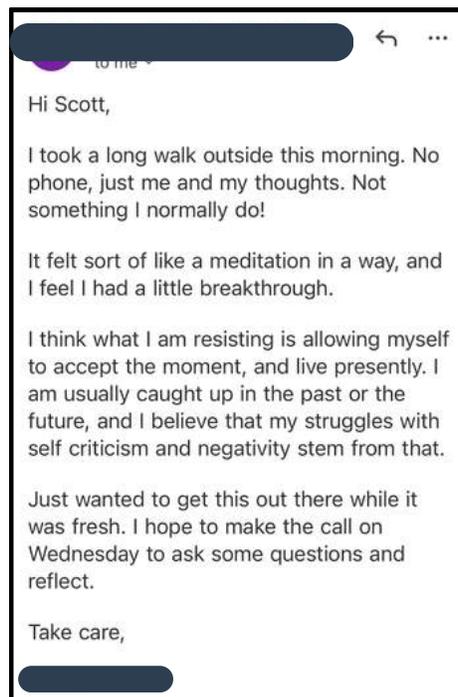
*\*These aren't edited highlight reels. They're honest accounts of what shifts when a man finally stops being the harshest person in his own life.*

### ● JASON

***"I took a long walk outside this morning. No phone, just me and my thoughts."***

Jason came into the program completely wound up — always self-critical, never able to rest, constantly feeling like he wasn't enough. His to-do list never ended, and his mind wouldn't let him enjoy a single moment of it.

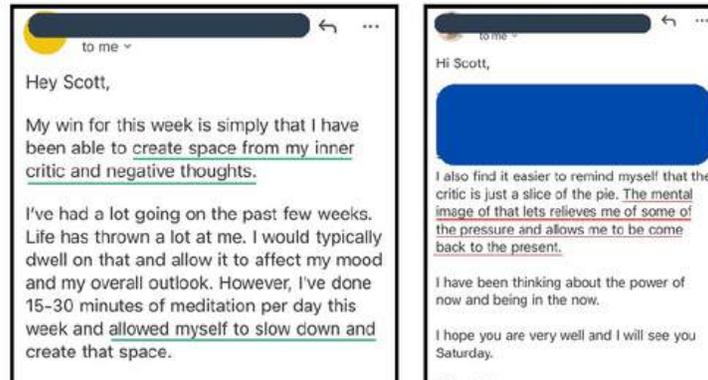
In the very first week, he had a simple but very significant breakthrough:



**This is how transformation starts — not through pushing harder, but through rest. When you step back even briefly, your nervous system finally gets the message: I'm safe right now.**

***"The inner critic is just a slice of the pie. It doesn't run me anymore."***

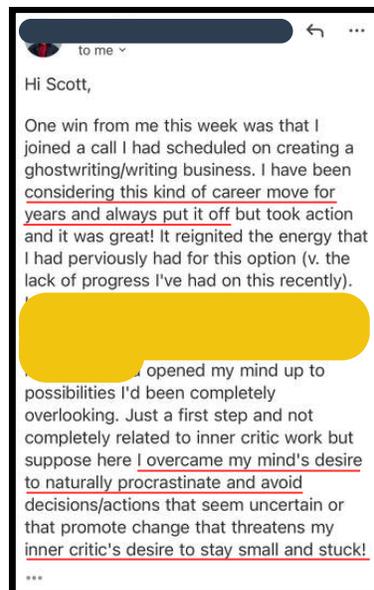
Tanner beat himself up over every mistake. He'd ruminate for days. When work ended, he still didn't feel he'd earned the right to relax. Within the first few weeks, something shifted:



**At the start Tanner didn't believe it was possible to experience a mind that wasn't constantly attacking him. For the first time, he felt a voice inside that was actually on his side — on his team, in his corner.**

***"I've been considering this career move for years. This week I took action."***

Thomas had a major life decision he'd been sitting on for over a year. Procrastination, fear of failure, fear of change — his inner critic was always active. After just the second group call, he sent this:



**Thomas didn't act from pressure or fear. He acted from a new voice of compassion — wiser, kinder, and finally on his side. That's the entire shift.**

***"Inner-criticism, shame and stress don't dissolve through speed. They dissolve through slowing down, resting and making space."***

— Scott Ste Marie

● FROM THE PROGRAM

***"Resisting has been the major blockage that has held me up for so many years of my life."***

This email captures something that comes up again and again inside the program. The world pushes speed — more hustle, more hacks, more optimization. This “Alpha Male” mentality that actually disconnects a man from his authentic self. But what actually changes things is the opposite:



**Slower inside. Stronger outside. When you slow down enough to see yourself clearly your patterns, your stress responses, your self-talk — the fight and tension slow down too.**

***"He transformed his entire inner world — the stress, the criticism, the shame."***

Justin completed the January 2026 cohort and recorded a full video sharing what changed for him. He is an incredible human being who truly put in the work to witness these changes in himself.

Click the image to watch



**Justin's Authentic Transformation**

***"Now confident and ready to handle any challenge, with a third child on the way."***

Jaxon is a father of two with a third on the way, working full-time. Inner-criticism and the isolating feeling that he was the only man struggling made every hard day harder. He now has real tools — and he doesn't feel alone in it anymore.

Click the image to watch



**Jaxon's Authentic Transformation**

**One Decision. 8 Weeks. A Better Life.**

This is the transformation that waits for you.

***The only thing left is to begin.***