

Trauma-Informed Life Coaching

Success Stories Using the NeuroAffective Relational Model

Juuso Voltti

NARM-Informed Professional

"What is most profound about working with Juuso is the simplicity of the method. You just look at what's here now without any agenda, without any expectations, without anything to be achieved.

Just look now, gently, to see what's here."

Martin (Former client)

Drogheda, Ireland

Real Results from Real Clients

The following testimonials are a sample of the breakthroughs my clients have experienced. They reflect the type of deep transformations that are possible through a trauma-informed approach to Life Coaching. While identities are protected, the results are authentic.

1. Resolving Anxiety & Trauma

From Overwhelm to Lasting Peace

"If you have been suffering from anxiety I highly recommend Juuso as a facilitator. He has a warm and calming presence and an uncanny ability to get to the bottom of what's really causing your suffering whilst maintaining a comfortable space to explore the depths of the unconscious mind and process whatever trauma wasn't processed at that time freeing you from past."

Rob

Brighton, England

"Juuso is amazing at what he does, really intuitive, caring, knowledgeable and open. and I've felt comfortable sharing things I haven't shared with other people and this has helped me start to move past some big things that were causing me anxiety and upset. He has made space for me to feel comfortable to listen to my feelings and he doesn't rush past being upset. This has helped me over and over again to realise things deep down that I didn't even know were making me scared and anxious."

Louise

Newcastle, England

"Juuso surprised me in his deep warmth and high skill level. I've received several sessions from him, and each time he is very thorough and patient in the process of listening and asking the right questions at the right time. Juuso really stayed present throughout the whole session until it naturally came to its own completion. His warmth, thoroughness, and skill brought all our sessions to places of deep resolution, peace, and reverential awe."

Kelley

Oregon, U.S.

2. Imposter Syndrome & Self-Worth

Reclaiming Confidence from Self-Doubt

"I would highly recommend working with Juuso to anyone that is experiencing Imposter Syndrome and in fact have already recommended him to a therapist colleague who is currently experiencing a similar issue."

Rachael

Northwich, England

"Every time I've worked with Juuso he's brought deep and impressive skills to every session. In addition to being an exceptional listener and having a heart of gold, intuitively Juuso knew how to help me drop long-held beliefs that kept me suffering for many years."

Sandi

Rhode Island, U.S.

"I had the privilege of being taken through a process by Juuso around something that has been bothering me for a long time. The process was simple, clear and kind of effortless in its unfolding. Juuso guided me in a way that brought a sense of loving kindness to the parts of me that had been resisting/stopping me from taking action and I'm now feeling more confident to take the action to create more of what I want in my life."

Alistair

Byron Bay, Australia

3. Emotional Resilience & Personal Insight

Understanding Your Past to Transform Your Present

"Juuso really helped me to uncover so many layers of identity through a gentle form of inquiry. His method of backtracking hurtful experiences and getting through the feelings of grief and hurt at the bottom of them was incredibly helpful, and it is now a powerful tool that I can use any time to shine a different light on my own response to any life event."

Matthieu

Lille, France

"The consequences of my past were affecting me but I had no idea until our sessions. Somehow what I have covered with Juuso has been more useful to me than many other therapy sessions I have invested in. There is tangible progress and I leave the sessions with a feeling that I am making a good investment in myself."

Josh

London, UK

"It has been incredibly healing and empowering to gain these insights and it has enabled me to go back out into the world with a newfound understanding and a whole new set of tools to deal with challenges. Additionally, he has helped me to deepen my connection with myself, to access a great resource of peace and strength within and to better know me. For that I am deeply grateful."

Mel

Granada, Spain

4. Relationship & Communication Breakthroughs

Building Healthier Connections

"Juuso helped me prepare for a difficult conversation with a family member with his patient facilitation, enabling me to stay calm and rational in the midst of her anger by looking at my own anger. I'd highly recommend working with him."

Alec

New Jersey, U.S.

"I now understand many of my thoughts and behaviors and I am also more capable of seeing and listening to others and understanding them and accepting them."

Vojislav

Stockholm, Sweden

"I have found a great deal of peace and openness after working with Juuso and feel grateful we still have opportunities to continue the amazing work we have started. He has helped unearth, examine and be rid of some of my oldest and most significant stories about myself, my family and others."

Nicky

California, U.S.

"I felt very safe and understood while working with Juuso and I'm sure that everyone could benefit from what he has to offer."

Tony

Athens, Greece

Your Transformation Starts Here

These stories are examples of the type of transformation my clients commonly experience through our work together. Every journey is unique, but the destination is always greater self-understanding, confidence, emotional freedom, and empowerment.

Ready to write your own success story?

- Message me on Contra to schedule your complimentary 30-minute consultation.
- Together, we'll explore how trauma-informed coaching can help you overcome your unique challenges.
- Start your journey towards lasting emotional freedom and self-empowerment today.



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