



Becoming you

About John





Hello!

I Am John Fleming

I live by the sea in wonderful West Cork. The West Cork community is an incredibly diverse melting pot of people that mix cultures, faiths, values, ways of living and traditions. Growing up in this community has really shaped and moulded who I am today. My view of the world and the core values I now hold have been influenced strongly by this community, leading me to go out into the world in search of a multidisciplinary approach to healing.

Now I return to West Cork with a diverse set of skills that support myself and others in becoming well through transformational growth integrating modalities rooted in psychotherapy, systemic coaching and bodywork.

I am a professionally qualified and registered Psychotherapeutic Counsellor, Coach, Supervisor, NLP Practitioner, Neurofeedback Brain Trainer, EMDR Practitioner, EFT Practitioner, Shaman, Aura-Soma Practitioner and Personal Development Facilitator. I also have a background in holistic therapy such as massage and reflexology.

My Ethos

Personal Integrity

Personal integrity is about people understanding how they are feeling, defining their boundaries, making choices and decisions that can better support themselves and their needs.

Personal Responsibility

Personal responsibility is about people taking action that supports their personal integrity. It's about people taking responsibility and ownership of their thoughts, feeling, actions, reactions and responses.

Authenticity

Authenticity is the voice of people's integrity. It's about being clear in our communication, expressing what we are feeling and what our needs are in as honestly and openly as we can.

Equal Dignity

Equal dignity is about understanding everyone's opinion matters. It's seeing, hearing and valuing, being curious about, interested in and respectful of ourselves and others.

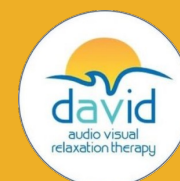
My Accreditations



EMCC Global Individual Accreditation



PROVIDER FOR



PROUD MEMBER OF



My Values

Accountancy

I aim to account for you, your needs, my needs & everything in between.

Structure

I am structured in my approach and I offer you structured services.

Autonomy

I am autonomous and I promote autonomy in all of my work.

Cooperation

I am cooperative and I aim to foster collaboration.

Nurture

I aim to nurture you and help you grow.

Spontaneity

I use my spontaneity and I welcome yours.

My Stance

⌘ I believe healing is holistic, therefore I choose to

work:

- With the mind - cognitively
- With the heart - emotionally
- With the body - somatically
- With the soul - spiritually

⌘ I believe that I'm ok and that others are ok, I hold myself and others in unconditional positive regard and account for our shared value

⌘ I believe that healing change comes, not through fixing but rather through the process of profoundly accepting and embracing oneself

⌘ I believe that everyone has the capacity to think

⌘ I believe that everyone can be in control of their own destiny and I promote autonomy

⌘ I believe that everyone is doing the best with what they've got right now

⌘ I believe we all live within systems such as family, groups, teams and/or organisations. As such I lean into the systemic approach when working with an individual

⌘ I acknowledge and account for diversity in all its forms and how systems of intersectional oppression may impact the individual

⌘ I believe in and advocate for radical inclusion

⌘ I see my role as a facilitator, guide and advocate. I own the process, you own the content.

⌘ I have a humanist philosophy and therefore hold the values of compassion, equality, reason, ethics & fulfilment.

John's Approach



I offer a blend of counselling, coaching and non-talk therapies. My approach spans across the humanistic, integrative, systemic, neuroscience, shamanic, transpersonal, experiential, body-centred and holistic modalities.

In terms of counselling and coaching, I mainly work with Transactional Analysis, Family Constellations, NLP (Neuro-Linguistic Programming), EMDR (Eye Movement Desensitisation & Reprocessing), Various Meditation Practices, Aura Soma and Celtic Shamanic Practices. For non-talking therapies, I use EFT (Emotional Freedom Technique), Breathwork, Somatic Body Work, Cold Immersion Therapy and a range of Neuro-technology treatments.


This multi-faceted and multi-modality approach invites people to develop awareness as to what may be preventing them from accessing their own true nature in the inner and outer expressions of their life. It is aimed at the person as a whole: body, feelings, mind and psyche. It invites people through the therapeutic relationship to develop awareness and insight leading to an integration of the internal and external self. It explores each person's own resources and capacity for self-determination and ability to improve their lives



Neuro-technology treatments



NeuroOptimal Neurofeedback

Neurofeedback is a type of biofeedback that presents real-time feedback from brain  activity in order to reinforce healthy brain function through operant conditioning. This is particularly useful for improving sleep, reducing anxiety and calming the nervous system.



AVRT (Audio Visual Relaxation Therapy) & CES (Cranio-Electro Stimulation), Audio-Visual Relaxation Therapy uses lights and sounds in specific configurations to guide you into properly functioning brainwave states. Cranio-Electro Stimulation is a non-invasive brain stimulation technique that applies a small pulsed electric current across a person's head. It stimulates endorphin, serotonin, and norepinephrine neurotransmitter production. These stimulation technologies improve your health, mental functioning, memory, sleep, mood, and cognition. They also reduce stress and are cost-efficient. Both AVRT and CES are very effective as non-pharmaceutical approaches to many wellness concerns.

Taking the work outdoors



A part of my unique way of working is to embrace the outdoors. I give my clients the option of working outdoors as well as indoors. Ecological work can take the form of simply walking and talking and/or using more focused awareness exercises. We may decide to sit in a particular spot for the entire session or vary our route a little from session to session. There is potential for a great deal of flexibility here, governed by client preference and weather! You do not need to be 'super fit' or even particularly outdoors-orientated to benefit from this setting for your coaching.

Canine Assisted



Meet Oscar, my Canine Companion. Oscar is a Golden Retriever whom I have had in my life since he was a puppy. Oscar is now a registered Therapy Dog with Therapy Dogs Ireland and he works with me as a support dog in my practice.

Recent studies have proved that canine companionship brings a number of health benefits, such as lower blood pressure, lower triglyceride and cholesterol levels, as well as increased production of serotonin and dopamine. One explanation for these therapeutic effects is that a dog fulfills the most basic human need to touch.

The companionship of a dog can help to calm and soothe us, ease anxiety and boost our mood. Stroking, holding and fussing over a canine friend helps reduce our sense of isolation and loneliness. If we accept all of the above, then we also accept that a dog is therapeutic. Young and old, fit and frail, alert and impaired, all of us can benefit from the presence of a dog.

Client Testimonial

"I reflect on my experience of working with John through a 1-1 intensive with real tenderness.

John embodies so many valuable qualities as a practitioner: warmth, insight, compassion, presence, and absolute integrity.

During my 2 days with John, I knew I was in very safe hands, and trusted that anything that I felt ready to explore could be held without judgement. There were many moments of raw pain, fear, and sadness, and many of laughter, and fun! John skilfully held it all.

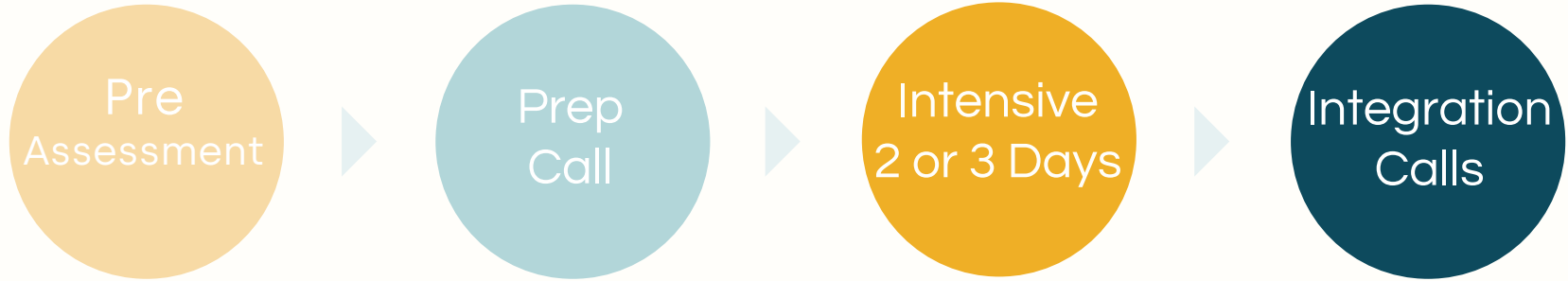
I can wholeheartedly recommend John and the beautiful work he does."

One to One Intensive



Becoming you
Intensives

The Process



- Client Onboarding Forms
- Detailed History Questionnaire
- Acto-Metric Questionnaire

- 1 hr Zoom Call
- Clarification & Alignment
- Agreement on focus areas

- 5 to 8 hrs a day
- Anything from my toolkit
- Optional Extras

- 2 x 1 hr Zoom Calls
- Integration of work
- Support Emails

Investment



I offer 2 options; 2 Day or 3 Days and there are three investment tiers:

1. Individually Funded
2. NFP/SME Organisation Funded
3. Corporate / MNC Organisation Funded

To get a quote for the tier relevant to you or for more information please contact me:
john@becomingyou.ie

Payment Plans are available

All options & tiers include:

- Comprehensive pre-intensive assessment via questionnaires
- 1hr pre-intensive prep call on Zoom
- Intensive retreat (between 5 to 8 hrs a day)
- Anything from my approach toolkit which is needed
- Two 1hr post-intensive integration calls on Zoom
- Post-intensive integration emails

Not included

- Travel
- Retreat location rental
- Accommodation
- Food

Optional extras

For free:

- Neurofeedback
- Cold Water Immersion Therapy
- Audio Visual Relaxation Therapy
- Cranio-Electro Stimulation Therapy
- Acupressure Mat

For an additional fee – provided by colleagues

- Massage
- Sound Healing
- Reflexology



If you are interested in working with me or are looking for more information then get in touch and I can tell you more about how it all works.

Book a free Discovery call.

