

Introduction to EFT Emotional Freedom Techniques

This self-help tool is easy to learn & use.

It is extremely effective for stress, anxiety, cravings & more

Book before
April pay
£137



ONLY 10 PLACES
book now to
avoid
disappointment

WHERE

**Friends Meeting House
7, Balgores Crescent
Romford RM2 6AB**

Emotional Freedom Technique or Tapping

is a highly effective method for reducing the impact of trauma, reducing stress and eliminating cravings. EFT is calming and can allow you to think more clearly. EFT is a powerful method for reducing stress and anxiety, and can deal with any negative emotion. It can be used with ANY age group. It is natural, drug free and FAST!

WHO IS IT FOR?

EFT is perfect for parents, students, teachers, nurses & carers of any kind.
It is used by athletes, slimmer, and therapists.
It is used by people from all walks of life.

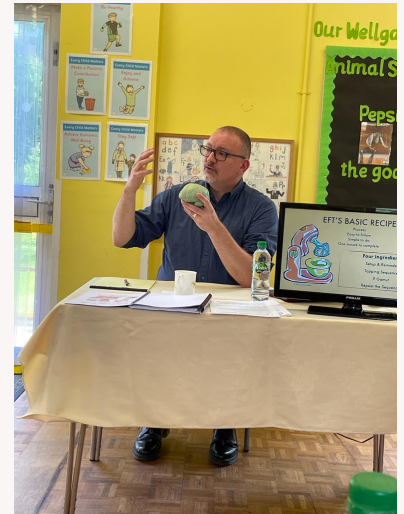
EFT is for YOU

Normal Cost £167 - Limited Spaces - Book Now. Avoid Disappointment

to book email hello@essexmindcoach.co.uk

Learning Goals

- You will be taught to identify the tapping points for the Full Recipe and Basic Recipe.
- You will be taught how to create a set-up and reminder phrase.
- You will be taught how to use and tailor the affirmations.
- You will be taught how to measure a reduction in symptoms.
- You will be taught how to deal with blocks and challenges.
- You will learn how to "isolate" a problem.
- You will learn about the Personal Peace Procedure.



Gavin teaching
EFT in 2023

Teaching Style

This is a fast paced and fun day. We make use of a tailored PowerPoint presentation, combined with videos, questions and answers throughout the day, demonstrations and plenty of practice individually and with a partner.

You will learn how to help yourself with many issues on the day, and also how to use EFT with your children, friends and family.

Where the weather is fine, practice and lunch can be enjoyed outdoors in the peaceful and private gardens of the Quaker Meeting House.

You will receive a full-colour bound mini-manual, & memory cards to help you use EFT anywhere you go, PLUS the opportunity to buy a signed copy of my book for yourself, friends or family.

To book your place email or text Gavin
hello@essexmindcoach.co.uk or 07736938941

To pay for your place please use reference EFT7624

Starling Business Account
ACC: 89848435
SC: 608371
Gavin Bowtell

Tea, Coffee & Biscuits
are provided on the
day. Feel free to bring a
packed lunch

