



Learning & Development Plan

To stay Approved complete annually and submit to your Trainer when requested or voluntarily

Full Name: Trainer’s Name.....

Begin by identify what you are really good at and could do even better at by writing in the 4 boxes below what you need to:

- Continue doing (What you are doing really well)
- Do more of (What you have become aware of that is working really well and need to do more of it)
- Start doing (Things that you are currently not doing and need to start doing to grow and develop as a Practitioner)
- Stop doing (Things that are unhelpful to your growth as an experienced and proficient Practitioner/ Trainer and stop doing them)

It is good to discuss your development plan with your Trainer or EFT facilitator during your Mentoring sessions. There is a form you can fill in the same place you found this document.

My development and growth plan

Continue Doing	Do more of
Start Doing	Stop Doing



My learning's from one to one session and personal peace procedure:

- What did I learn about myself?
- What did I learn about EFT?
- What did I learn about the process of EFT?
- What did I learn about my client's?
- What I am really good at?
- What I good do even better at?