

## WEEKLY CHECKLIST

### WEEK 1 POST TRAINING

- Fill in the Feedback Form, <https://bit.ly/EFTPractitionerOnlineFeedbackForm>
- Complete the Intake form for Senior Practitioner, <http://bit.ly/TransformationProgramIntakeForm> and book your consultation call.
- If you want, sign up for assisting on the EFT Practitioner Training, <https://vitalitylivingcollege.info/eft-online-assist-team-invitation/>
- Browse the EFT Graduate link, <http://bit.ly/EFTLevel2GradResources>, and find the sections where the manuals, slides and worksheets are.
- Daily Personal Peace - Write down 100 past memories and work on 1 a day for 100 days, for 10 minutes per day. You will find the process on here too, <http://bit.ly/EFTLevel2GradResources>, in the Personal Peace section. For the more challenging memories, make a note and include them in with your Senior Practitioner sessions or one-to-one sessions.
- If time permits, complete your first consultation call with your Senior Practitioner.

### Practitioner Track

- Browse the EFT Graduate link, <http://bit.ly/EFTLevel2GradResources>, and become familiar with the following sections: One-to-One Case Study process and Case Study Guidelines.

- Send your EFT Buddy the Intake Form along with the Record Consent Form (WhatsApp).

## **WEEK 2 POST TRAINING**

- Complete your first consultation call with your Senior Practitioner, if you haven't already. If it's completed, commence your first one-to-one session.
- Browse through the self-help worksheets on the EFT Graduate link and pick one to complete, <http://bit.ly/EFTLevel2GradResources>.
- Log in to the Vitality Living College Portal and browse through what is on the portal, <http://portal.vitalitylivingcollege.info>.

## **Practitioner Track**

- Complete the consultation call with your EFT Buddy.
- Send either the sample WhatsApp message or email to invite case study clients, <http://bit.ly/EFTLevel2GradResources> (section name is One-To-One Case Study Process).
- Read the Code of Conduct, <http://bit.ly/EFTLevel2GradResources> (in Next Steps section go to Code of Conduct).

## **WEEK 3 POST TRAINING**

- For those joining, attend the Inner Child Matrix and pause your Senior Practitioner sessions.
- Continue your one-to-one sessions with your Senior Practitioner.

- Log in to the Vitality Living College Portal and watch one module, <http://portal.vitalitylivingcollege.info>.
- Continue your daily personal peace procedure.

### **Practitioner Track**

- Commence weekly sessions with your EFT Buddy for case studies.
- Complete consultation calls with case study clients.

### **WEEK 4 POST TRAINING**

- For those joining, attend the second week of the Inner Child Matrix and pause your Senior Practitioner sessions.
- Attend the EFT Serve whose topic is Personal Peace Procedure & Conducting Self Sessions.
- Continue with one-to-one sessions with your Senior Practitioner.
- Continue with daily Personal Peace Procedure.

### **Practitioner Track**

- Complete the pre-reading for Session 1 of Mentoring & Supervision, <http://bit.ly/EFTLevel2GradResources> (go to Pre-Reading for Mentoring and Supervision).
- Complete one session with an EFT case study client.

## WEEK 5 POST TRAINING

- Log in to the Vitality Living College Portal and watch the next module, <http://portal.vitalitylivingcollege.info>.
- Continue with one-to-one sessions with your Senior Practitioner.
- Continue with daily Personal Peace Procedure.

## Practitioner Track

- Attend the first session of Mentoring & Supervision.
- Complete the pre-reading for Session 2 of Mentoring & Supervision, <http://bit.ly/EFTLevel2GradResources> (go to Pre-reading for Mentoring and Supervision).