

# EFT SERVE



# Unshakable Confidence



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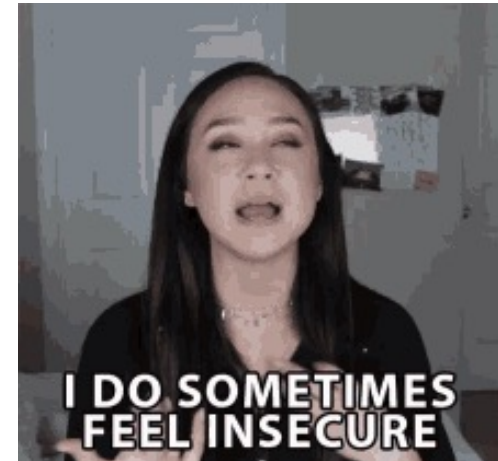
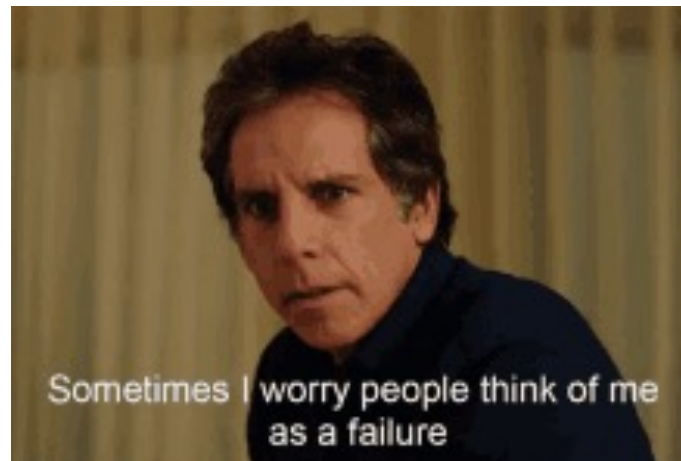
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# Working With Confidence

- Intake Form
  - What do you want?
  - What prevents you from what you want?
- Personal Inventory
- Working in Layers
  - Surface Symptoms
  - Mapping out a Timeline
  - Uncovering the Root Cause
    - Past Memories
    - Limiting Beliefs
- Ending on a High Note
- Real-life Practice

# Psychology Of Confidence

- A person's belief that they can choose the right course of action
- Self-confident people trust in their abilities, attitudes, and strengths
- They experience less anxiety and self-doubt than people with low self-esteem
- High self-confidence = High self-esteem
- People with low confidence and esteem, spend time:
  - Feeling ashamed
  - In self-doubt
  - Over-analysing actions
  - Criticising themselves
- Low confidence can be linked to anxiety and depression

# Patterns Of Low Confidence

- Imposter Syndrome
- Rebellion
- Victimhood

# Imposter Syndrome

- A person uses accomplishments or false confidence to mask their insecurities
- They fear failure will reveal their true, flawed self
- The person may use perfectionism or procrastination to deal with this anxiety

# Rebellion Syndrome

- A person pretends they don't care what others think of them
- Their feelings of inferiority may manifest as anger or blame
- They may act out by defying authority or breaking laws

# Victimhood Syndrome

- A person believes that they are helpless in the face of challenges
- They may use self-pity to avoid changing their situation
- They often rely on others to save or guide them

# Negative Self-Talk

- There's nothing I truly like about myself
- I'll never do well enough at school or work to succeed
- I'm not worthy of seeking things that interest me
- Other people are more deserving of happiness
- No one wants to hear about my life or the issues I'm facing
- It's all my fault I can't seem to find people who are good to me
- Good people wouldn't want to be with me, anyway

# Possible Root Causes

- Harshly criticised as a child with mistakes; pointed out
- Child Abuse
- Bullying
- Loss of Employment
- Bad Breakup
- Put Down by In-laws
- Abused as an Adult
- Maltreatment
  - Race
  - Culture



# Factors That Influence Self-Esteem

- Age
- Body Type
- Gender
- Mental Health Status
- Race and Ethnicity
- Sexual/Gender Minority Status
- Socioeconomic Status

# Factors That Influence Self-Esteem

- **Age:**
  - Self-esteem tends to increase from adolescence to middle age; and peaks at around 60 years old
  - Among seniors over 60, self-esteem declines sharply as people continue aging
  - Changes in financial status and physical health may account for the much of this decline
- **Body type:**
  - Children who are overweight or obese, frequently experience bullying, and are more likely to experience low self-esteem; both during childhood and later in life
  - They may also have fewer friends during childhood
  - Social isolation can also contribute to low self-esteem
- **Gender:**
  - Across cultures, women tend to report lower self-esteem than men
  - This is most pronounced in Western cultures

# Factors That Influence Self-Esteem

- **Mental Health Status:**
  - Humour, community involvement, and positive ingroup stereotyping were linked to higher self-esteem
  - People who kept their conditions secret or put lots of effort into disproving negative stereotypes; often had lower self-esteem
- **Race & Ethnicity:**
  - Asian-American students had the lowest levels of self-esteem followed by Hispanic students who had slightly higher rates, and lastly white students
  - Black students had the highest self-esteem levels
- **Sexual/Gender Minority Status:**
  - Students who are lesbian, gay, bisexual, transgender, or queer (LGBTQ) are more likely to develop low self-esteem than their peers
  - Bullying is a large contributor to self-esteem issues in LGBTQ+ kids; for transgender individuals, gender dysphoria can strongly affect self-esteem as well
- **Socioeconomic status:**
  - Middle schoolers from low-income families who believed American society was “fair” were more likely to have low self-esteem years later
  - Most of the students had experienced discrimination and systemic disadvantages over the course of middle school

# Benefits Of Confidence

- Self-esteem and Well-being
- Empowerment
- Anxiety Reduction
- Approach New Adventures Positively
- Positive Mindset
- Less Stress, More Energy
- More Peace of Mind
- Better Interpersonal Relationships
- Success

# Mark Your Calendar

- EFT FREEDOM TAPATHON : 1<sup>st</sup> – 21<sup>st</sup> January 2022, <https://bit.ly/EFTTaphon>
- EFT PRACTITIONER, (Level 1&2), 4th - 6th February & 11th - 13th February & 18th - 20th February & 25th - 27th February, <https://bit.ly/AssistTeamInvitation>
- INNER CHILD MATRIX PRACTITIONER, 29th November – 2nd December 2021 & 6th – 9th December 2021, 10-1 pm & 4-7 pm daily IST, <http://bit.ly/InnerChildMatrixTraining>
- EFT ADVANCED PRACTITIONER (Level 3): 4<sup>th</sup> – 6<sup>th</sup> July 2022 & 11<sup>th</sup> – 13<sup>th</sup> July 2022, <https://bit.ly/EFTAdvancedPractitionerTraining>
- EFT FACILITATOR TRAINING, 13th -16th December & 20th – 23rd December 2021

# Mark Your Calendar

- SOUL BOSS : 5<sup>th</sup> September 2021, 4-7 pm IST,  
<https://bit.ly/SoulBossSeminar>
- LIMITLESS LIVING: 27<sup>th</sup> September – 1<sup>st</sup> October,  
<https://bit.ly/LimitlessLivingSeminar>
- BREAKTHROUGH COACHING NLP, 13th - 17th March & 20th - 24th March  
& 11th - 15th April 2022

# Questions & Answers

- How to be confident about your profession/work
- Confidence to speak in large groups
  - Meetings in zoom
  - Raise hand beyond fear
  - Putting the video on
  - Unmuting to be in the light
  - Ask questions with confidence
- How to be more confident in the choices in life
- Confidence with how to handle business clients, employees and associates
- How to feel confidence in the face of criticism, answering questions, going blank, when feeling unravelled
- To feel more confident taking client sessions

# Questions & Answers

- The link between bullying and low confidence
- How to work with a client who is a bully
- How to handle aggressive clients and/or people
- How to not give your power away, even to someone in authority
- How to feel confident when stepping out of your comfort zone, knowing mistakes will be made
- How to be comfortable making mistakes
- Workplace bullying
- Confidence to focus on “I deserve”
- How to be confident when talking to someone, be it a neighbour, client or friend



# Working With Confidence

- I want to feel more confident .. BUT ...
- Write down the limiting belief
- Where in the body do you feel it?
- What number is it at?
- How does it make you feel?
- Use the limiting beliefs process
- Tap on the belief
- Tap on the memories associated with the belief or emotion
- Test the belief
- End with positive tapping

# Working With Confidence

- I do not feel confident because ...
- When have you felt this way before?
- What happened?
- When else have you felt this before?
- Tap on the memories
- Check in with how they feel about being confident now
- You can even ask, I now can feel confident, because

# Working With Confidence

- What can you do now, that you could do before
- What can you do now, that you could not do before
- What can't you do now that you could do before
- What can't you do now that you could not do before

# Build Yours & Your Clients Inventory

- Reassure, reassure, reassure
- Wow you can do it!
- That is fabulous
- You are doing great
- What I loved about your sessions
- Put a frame to what has been achieved ...

# EFT SERVE

- ~~23rd January 2021 – Freedom from Limits~~
- ~~20th February 2021 – Working with Physical Pain~~
- ~~20 March 2021 – Emotional Eating & Cravings~~
- ~~17th April 2021 – Freedom from Fear & Phobias~~
- ~~15th May 2021 – Personal Peace Procedure~~
- ~~19th June 2021 – Children & Teenagers~~
- ~~17th July 2021 – Surrogate Tapping~~
- 21st August 2021 – Unshakable Confidence
- 18th September 2021
- 16th October 2021
- 20th November 2021
- 18th December 2021

# Your EFT Serve Portal

<https://vitalitylivingcollege.info/eft-serve-community-portal/>

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