

EFT FACILITATOR TRAINING DAY 6, JANUARY 25, 2022

Questions & Answers

1. When we are feeling down, do we just put on the energy or do we honour our authentic space that we are in and wait until we recover?

You can change your energy in a heartbeat; and you are in-charge of that. You just need to put some music on and shake it off. It doesn't make the issue magically go away, it just means you have in your personal peace diary that you have this challenge going on in your life and you need to explore it at a time that is right.

Facilitator training may not always be right for someone. Someone may be better off as a practitioner, rather than a facilitator. This is because as a practitioner, you are present with the client, and if you feel that you are not in the right state for the client, by all means, you can rearrange the appointment. But as a facilitator, you are responsible for an entire group and not just an individual.

It's not about being inauthentic. Being able to shift our state is a quality that we all have. It doesn't mean you can't be true about what you are feeling. But if you begin the session on a low tempo, it will impact the energy of the group. But it's okay to shift your energy, hold the space and be there. Centre yourself beforehand and meditate before you begin your seminar.

2. How do you close the demonstration with someone whose number doesn't go down?

Just say "I am going to work with the next person now. Just keep tapping along." You need to have strong boundaries as a facilitator; you can't give your energy to only one person.

3. How do you know when the group needs a little break?

Keep everyone in the gallery view so that you can observe them and read their energy. You will observe certain clues that you will help you know the energy of the group. For example, yawning, looking at their watch, or not asking many questions are clues that help you know that they need a little break.

4. What is a skill that you must have as a facilitator?

One of the skills as a facilitator is for you to be clear about your learnings and be clear about what you did great and what you could do better.

5. Why is it important to work on cravings?

Cravings are simply emotions that want to be fed. You can eat whatever you want when the body wants it; but the difference is that cravings occur when the body feels alone. It is about taking control of your health v/s letting your emotions take control of your health.

When you are able to reach for healthy foods, as your body wants nutrients, it is generally going to result in a healthy body. This is a reason why work on cravings.

6. During the practice, I felt that a reframe was needed at one point. At that point I was wondering whether during a facilitation session, should I offer the reframe; will it take more time or not?

You will know what to do in the moment. As you grow into your shoes as a facilitator, you may try different things out in different situations and it may go well or some and not for others. It is going to situation-specific. Slowly, with more experience you will develop that sense.

As a facilitator, connect with your higher-self; your higher wisdom. When you are sitting in the facilitator's seat, the universal energy is channeling through you. Whatever comes, trust it, and flow with it. You may also find that in the moment, the universal energy gives you new processes and shares with you different ways of working with your audience, be open to try them out and see what is working and what is not.

It is normal to have many questions and feel overwhelmed and confused about what techniques to use. But then with practice and experience, there comes a time when you reach the sweet spot.

If you are a facilitator, I recommend you to take minimum 5 clients per month. The more client experience you have, the easier the facilitation will get.

7. While doing a demo, the client could bring up something which is deep and heavy to work on. So if the client feels comfortable, do we work on that?

If you have had this experience in any of your sessions, then transport yourself back in that situation. Imagine yourself being in this situation and connect to your higher wisdom. Notice what it is guiding you to do.

If you realize there's not enough time, tell them, "I am so thankful you brought this up, but it feels like I would be doing you a disservice if I got into it right now. This is be a full hour long session and I don't want to leave out of integrity. Let's just do a little bit of it now and then tap along with everybody else." You can also tell them to reach out to you in case they need more support, but ensure that you don't over-promise.

Also, in such cases I sometimes give the client a small exercise where I ask them to write the issue down on a paper and then ask them to read it and tap on themselves till they no longer feel the same negative emotion.

8. Sometimes, if the client is done with working on their issue and feel fine, they may not want to tap along with other demos. What to do then?

You can tell them this, "I get that you are done and if you are feeling tender, there is no need to tap. Take all the rest that you want. But if you are not feeling tender, if you can, and if you feel like it, you can tap along. The reason I am asking you to tap along is that if you have something going on, it can get cleared. Also, if I am working with someone and if everyone taps along, it creates a beautiful energy that allows that person to clear their emotions. So you feel guided or if you feel comfortable, I would like to invite you to tap along, and you decide what is best for you."

9. Do we give worksheets to the audience?

When you are doing a borrowing benefits group, you don't need to give them worksheets because they are not coming to work on themselves outside of the session. They are coming to have an experience within the session.

Worksheets are great but if someone is signing up for a facilitator level workshop, you want to keep things basic. You don't need to give worksheets because you don't need to bring up that level of complexity as a facilitator. Worksheets are suitable where your audience has a higher investment and commitment level.

10. How to create more value for the participants?

Apart of giving them the video and PPT, you can also put answers to their questions instantly on WhatsApp so that they find you reliable. You can also give them daily short exercises or tapping meditations. If you can give them such extra small things, they will value you more. Think about how you can make your life easy and their life easy.

11. If a client shares two emotions, should I ask her to focus on one emotion?

Whatever the client feels comfortable with. Both the emotions may be important to the client and they may not want to make a choice between the two. In that case, use both emotions.

12. If we pick a person for a demo and if they start abreacting immediately, we start with the triple calmer. Do I need to explain the triple calmer as well?

If you have introduced it to the group for the first time, then it's great that you tap with them and just ask everyone to follow along. After having done the triple calmer, you can say, "Let me take a few minutes explaining this as you may need to use this. There is something known as being hijacked by your emotions; and this can happen anytime. During such moments, you can just do this process of tapping under the eye, collarbone, and under the arm."

13. Why is it important to share stories?

Stories help us to communicate the essence of the matter and how it can take place in a real life situation. It makes the content real and relatable and you can bring in the Why and What frame together.

14. What to do if a participant has a craving for something that is not typically recognized as a food item?

Do the same process of overcoming cravings as you would do with any other food substance. If it's something toxic and non- edible, get them to smell it but not eat it.



15. If we leave the Vitality Living College copyright logo in the slide, does that mean we are a part of the organization?

You will be taking your sessions as your own; you will not be representing VLC. It simply shows that you have been certified by Vitality Living College. The logo is kept to communicate that this from where you have been certified from and the original copyright is from there. You have to acknowledge the person/organization whose content you are using.