

EFT FACILITATOR TRAINING DAY 8, JANUARY 27, 2022

Questions & Answers

- 1. I feel that while sharing my stories, I go back to personal tragedies and victim mode. So, I was thinking that if I put more emphasis on the overcoming part. Would that be okay?**

Go ahead if that works for you and if that is your authentic self. But do your personal peace on the victim part because there is no way the story is true anymore if you have done your personal peace. And you don't have to talk about the story with any emotion. It can be an emotional story but you can use descriptive words to explain it because people will relate to the pain.

- 2. I have many personal stories to share. So, is it better to have 2-3 concrete stories or say small stories at different phases?**

Stories have to be short and focused. It would be better to write them down and decide which story you would want to share for which topic. Also, the group may abreact if the story is sensitive or triggering for them. So make sure you create a safe and sacred embrace before sharing and pace it at the right time.

- 3. If I have to explain to my audience about the importance of emotions, how do I do it using SNOGA?**

You don't need SNOGA here. Explaining the importance of emotions would be a part of your Why frame; SNOGA would come before that where you're letting the audience know what you will cover in the topic. Whether they are someone who likes to notice what is important to them and others; whether they already know something about emotions and would build up on their knowledge or they know nothing about emotions and would learn something new. So, you engage all kinds of people.

4. While doing demo, if somebody in the audience has an abreaction, should I stop the demo and support them?

No, keep the demo going and let the audience know that if they are feeling affected by this then just tap under the eye, collarbone and under the eye repeatedly.

5. If someone asks for link for clinical studies, should we give?

Yes, freely send any additional resources they need. You can send also VLC blogs and clinical studies link.

6. Should I give visiting cards for my physical seminars?

You don't need visiting cards. Visiting cards will be misplaced and unused. Just ask them to contact you via WhatsApp.

7. What are some examples of topics that can be taken at a facilitator level?

Some examples of topics are: Healing Anger, Releasing Stress, Conquering Cravings, and Freeing Limiting Beliefs.

8. What kind of meditation would you recommend to do before we begin our session?

You can do whatever that works for you. Though, Empty Vessel Meditation is a good one for this.

9. How to map out a session?

Write the following in the same order:

- Title
- Audience

- Pain of your audience
- Prayer of your audience
- Problem of your audience (it can be similar to pain)
- Topics to be covered in the seminar

10. What is the difference among seminar, workshop and masterclass?

A seminar is about teaching, sharing and also personal healing. Masterclass is when there is a special topic that is being taught and it may not involve a heavy experiential component. You can call it a workshop if you are doing something like borrowing benefits. Workshop is when you are actively doing stuff together.