

VITALITY LIVING COLLEGE

EFT FACILITATOR

CERTIFICATION TRAINING

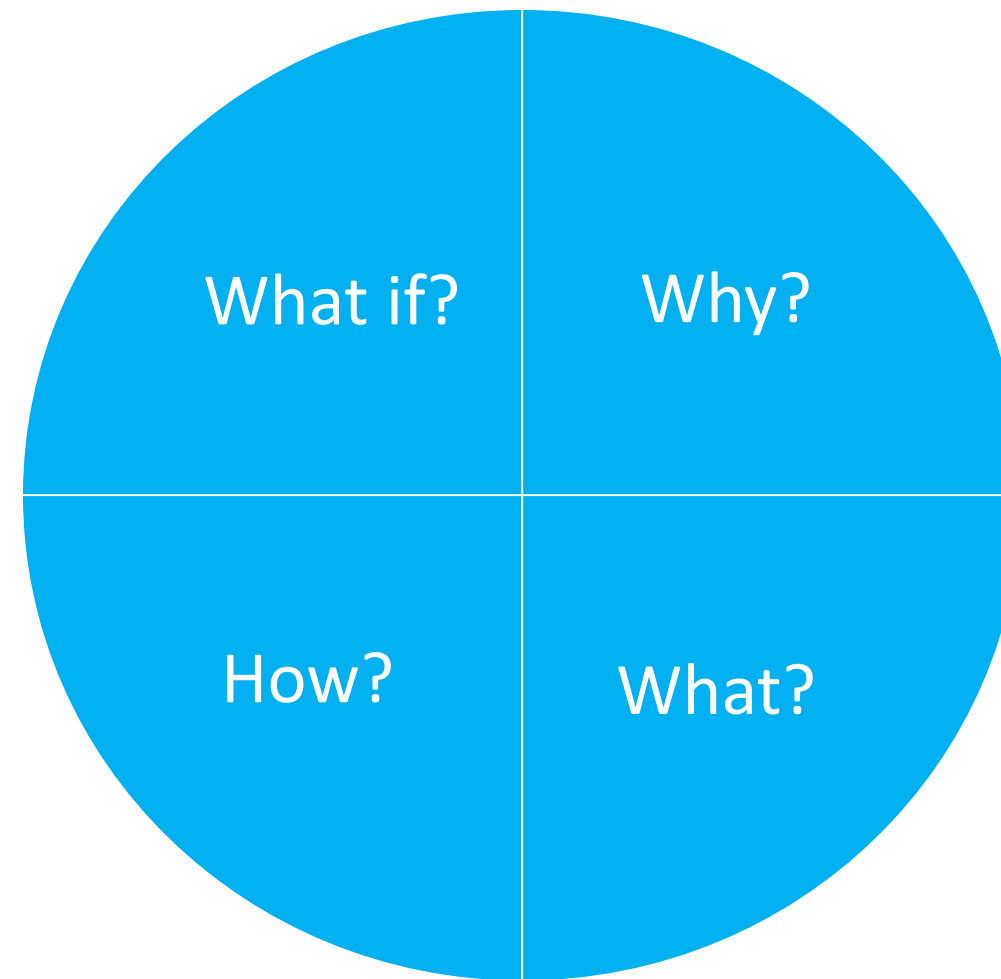




THE 4MAT SYSTEM

PRESENTING EFT POWERFULLY TO GROUPS

- Why?
- What?
- How?
- What if?





THE WHY FRAME

PRESENTING EFT POWERFULLY TO GROUPS

- Eye contact
- Welcome (Where are you from, who have I met before, temperature check)
- YES SET
- When I was in your place
- SNOGA
- Woe to wow story (testimonial)
- Science or evidence



WOE TO WOW STORY

- Relatable
- Vulnerable
- Honest



Authentic

1. Engaging
2. Empowering
3. Educational
4. Entertaining



WOE TO WOW STORY

- **Beginning:** Had debilitating daily migraines.
- **Middle:** Mother tried out EFT on me (engage the skeptics) & attended EFT Training and found my migraines stopped. Then I went onto to become qualified as an EFT Practitioner.
- **End:** Now I no longer have daily migraines, left my full time job and am an EFT Practitioner helping others overcome their stress.



THE SCIENCE & EVIDENCE

- 85% of illness is stress related
- Suppressed emotions can lead to cancer and disease
- Stress is at the root of divorce, obesity and illness
- Unresolved past emotional upsets lead to disease



CURRENT OBSTACLES AMONG EMPLOYEES

COVID-19 HAS CREATED NEW AND SIGNIFICANT ISSUES FOR WORKERS



Nearly 1 in 5 adults
live with a mental
illness (NIMH)



41% of workers say the lack of
work-life separation is
worsening their wellbeing and
stress levels - based in India
(Microsoft)



83% of workers suffer
from work-related
stress -based in US
(Stress.org)



52% of all workers
are experiencing
burnout (Indeed)



ORGANIZATIONAL CONSEQUENCES OF ILLNESS

85% OF ILLNESS AND DISEASE IS STRESS-RELATED (AMA)

- INCREASE in sick days taken
- INCREASE in short staffing
- INCREASE in stress of management & leadership teams
- DECREASE in employee productivity
- DECREASE in employee morale
- DECREASE in organizational success



TANTRUM TAPPING

1. Place the fingers just under the collarbone
2. Take a breath in and out and make a loud ahhh sound as if letting out all negativity
3. Stamp the feet along with it as if throwing a tantrum



IMMUNE BOOSTING

1. Make a fist with both of your hands.
2. Find the breastbone point near your chest and gently tap on it with your fists while making an aahhh sound.
3. The sound reverberates as if you are getting a head massage or like Tarzen



HAIR COMBING

1. Place the fingers on the tip of the hair line
2. Put your hands in your scalp and massage your hair from top to bottom with your fingers as if combing your hair.
3. Breathe in while combing through the hair
4. When you reach the top of the skull before combing down the skull, breathe out



FOREHEAD PULLING

1. Place your thumb behind your ears and place all the other fingers on the forehead.
2. Slowly massage your forehead by pressing it from centre to side with your fingers.
3. Breathe deeply as you do this.



CROWN PULLING

1. Join the index fingers and middle fingers of both hands together.
2. Place those two fingers of each hands on the middle of the forehead at the hairline (top centre of your forehead) and press it lightly.
3. Take a breath in
4. As you breathe out pull the fingers along the hairline
5. Gently press your entire forehead using two fingers and breathe deeply.



STRESS RELEASE

1. Open your palms and bring them in front of you. Imagine putting all your tension into your palms and then make fists.
2. Bring the fists down to the side of the body and then raise your fists up till the head slowly and hold it tightly.
3. Then bring your fists down rapidly while making a “whoosh” sound and open your fists as if releasing all the tight held stress.



HEART BREATHING

1. Put any one of your hand on the heart.
2. Close your eyes and make a connection with the heart.
3. Breathe in through the nose and out through the nose for 6 counts.
4. Then breathe in through the nose and out through the mouth for 6 counts.
5. Now, gently hold the nine-gamut point and breathe in and out through the nose for 6 counts.
6. Keep on holding the nine-gamut point and breathe in through the nose and out through the mouth for 6 counts.



CONFUCIOUS

I hear and I forget.

I see and I remember.

I do and I understand.



THE 7 STEPS TO EFT

1. Identify the issue or goal
2. Get a measure for It
3. Start EFT Tapping on the side of the hand
4. Tap on the upper body points
5. Close sequence
6. Relax
7. Testing

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