

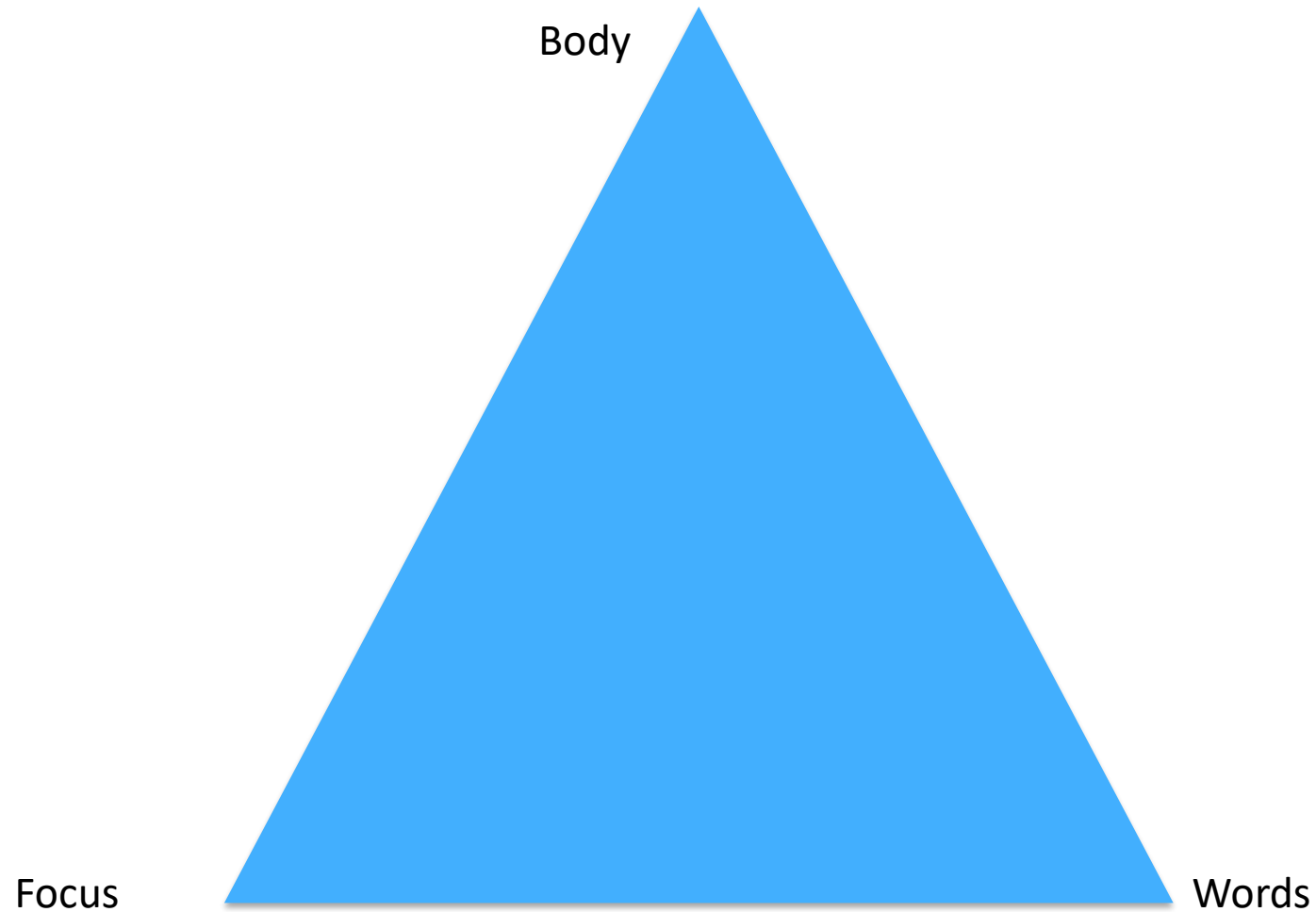
EFT Practitioner Training Completion – Module 1



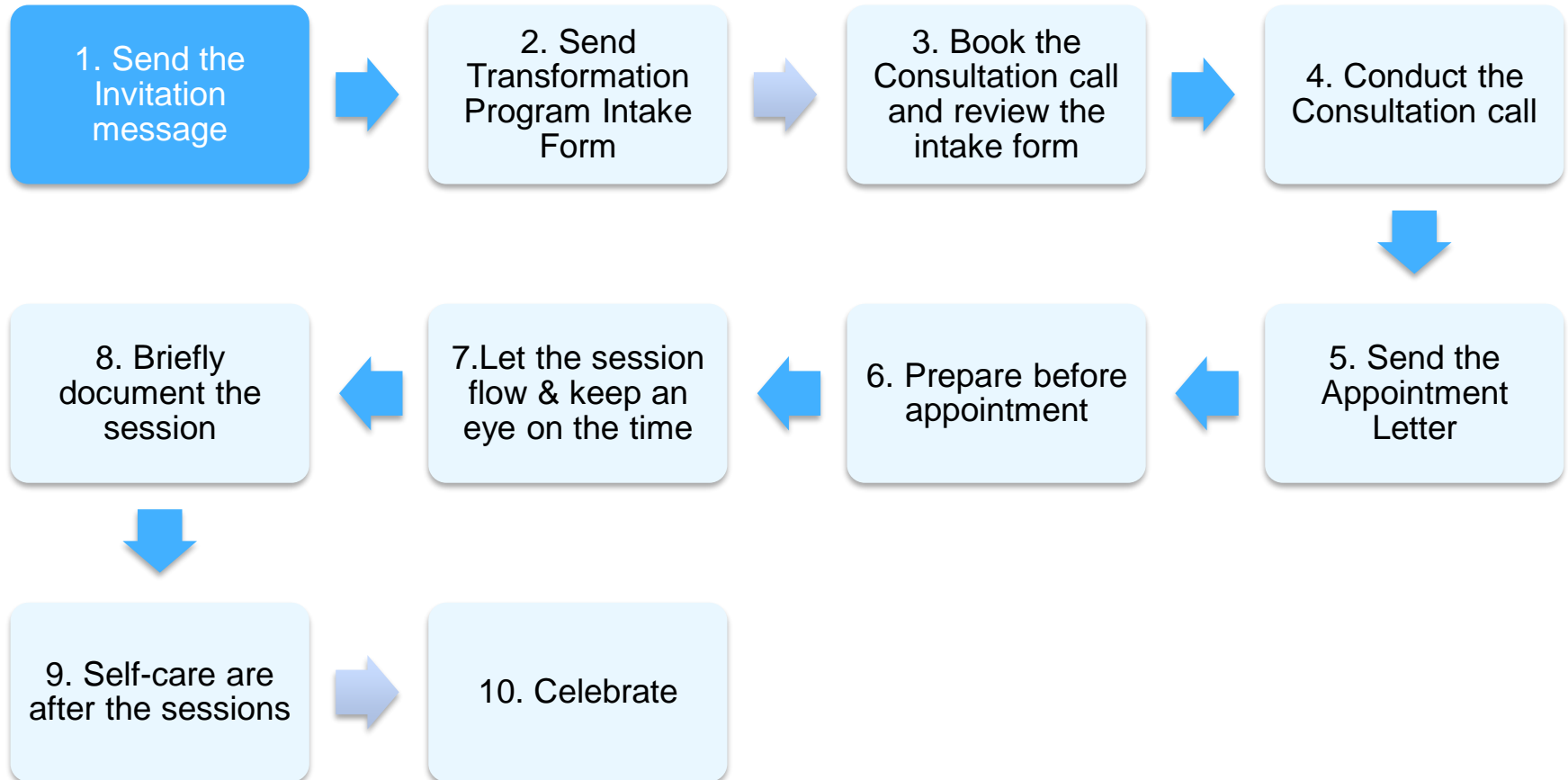
Contents

- EFT Practitioner state
- One to one case study process
- Intake form process
- Empty vessel meditation
- Next Steps

Triad of success



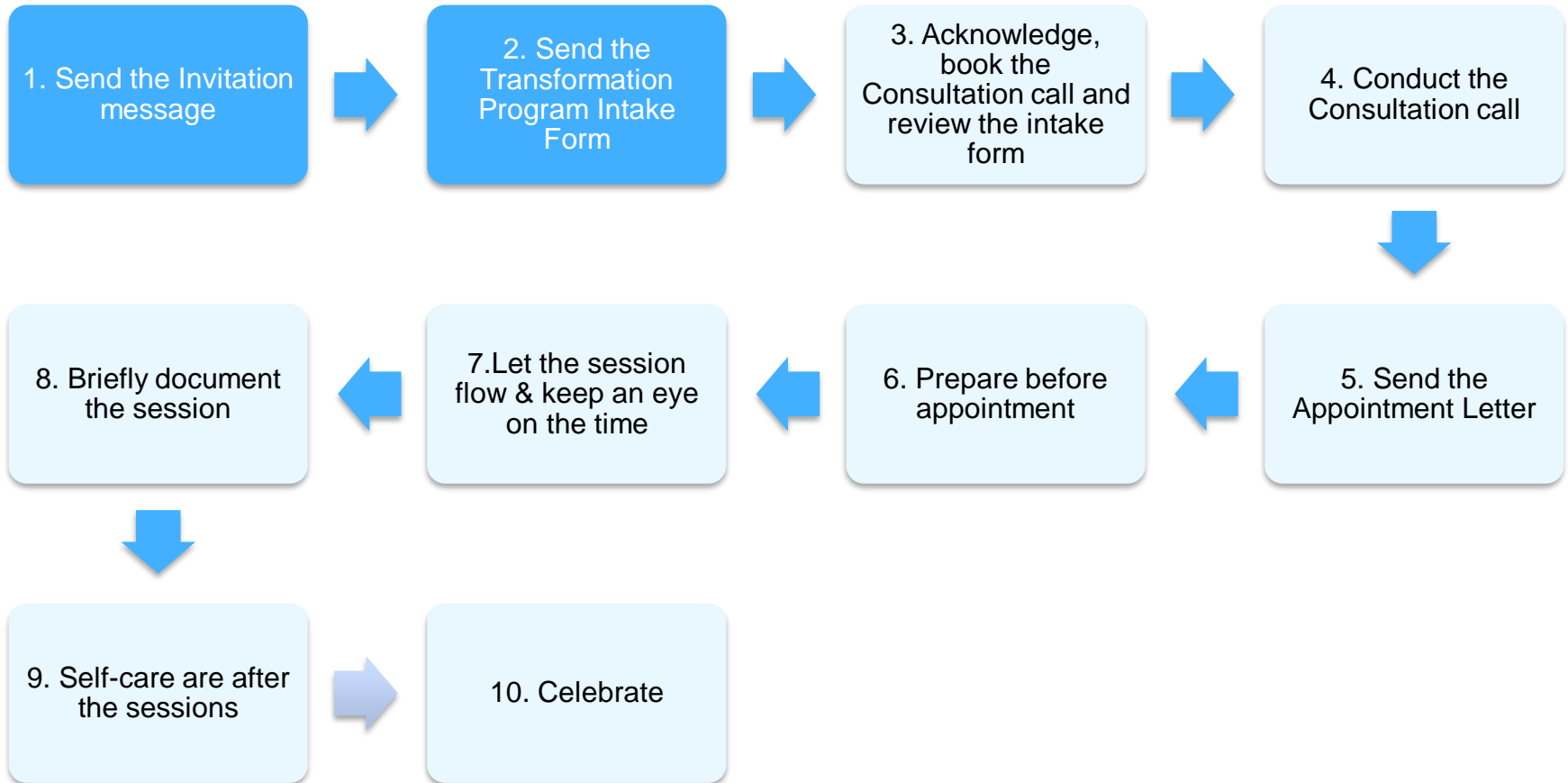
CASE STUDY PROCESS STEPS



INVITATION MESSAGE

- Email
- WhatsApp
- Social media
- <https://portal.vitalitylivingcollege.info/training-program/eft-practitioner-training/271/1>
- Tag me on Facebook or @mention in stories.

CASE STUDY PROCESS STEPS



HOW TO COMMUNICATE

- People you do not know: Have a verbal conversation
- People you know: You can send a cover note and the EFT Transformation Program Intake Form

INTAKE QUESTIONNAIRE

EFT TRANSFORMATION PROGRAM INTAKE FORM FOR ONE TO ONE CASE STUDIES

Name:

Date of birth:

Email address:

Phone number:

Relationship status:

Profession/job:

1. What are the areas you would like to explore during your Transformation Program? *(For example, problems you would like to solve or heal, any goals you desire or outcomes you want.)*

2. What are the 3 most important changes you would like to make in your life?

3. What prevents you from making these changes?

4. Answer only if relevant: What have you done so far to solve the problem or reach the goal or outcome?

What has worked and what has not worked?

5. How will you know you have made these changes?

6. What are the priorities you would like to focus on during the Transformation Program? *(list top 3 in order)*

7. What are your expectations from your coach/practitioner?

INTAKE QUESTIONNAIRE

8. On a scale of 1 to 10, how committed are you to the Transformation Program to achieve the results and changes you desire? (10 being fully committed, 1 being not at all)

9. Any other information: (for example information from medical professionals and healthcare specialists)

10. Submission of this form and/or your signature below means that you have also read, understood, and agreed to these guidelines and terms here, <https://vitalitylivingcollege.info/one-to-one-eft-sessions/>, prior to your one-to-one sessions and consultation calls commencing.

In summary you understand these sessions are:

- Emotional therapy with EFT and have read the information on the treatment, <https://vitalitylivingcollege.info/how-to-gain-emotional-freedom-and-peace/>
- Not medical/mental health diagnosis or treatment
- Private and confidential on both sides
- Recorded, and sent to the Trainer for evaluation, and I give my consent, as below:

Notes - Yes/No

Audio - Yes/No

Video - Yes/No

Signed:

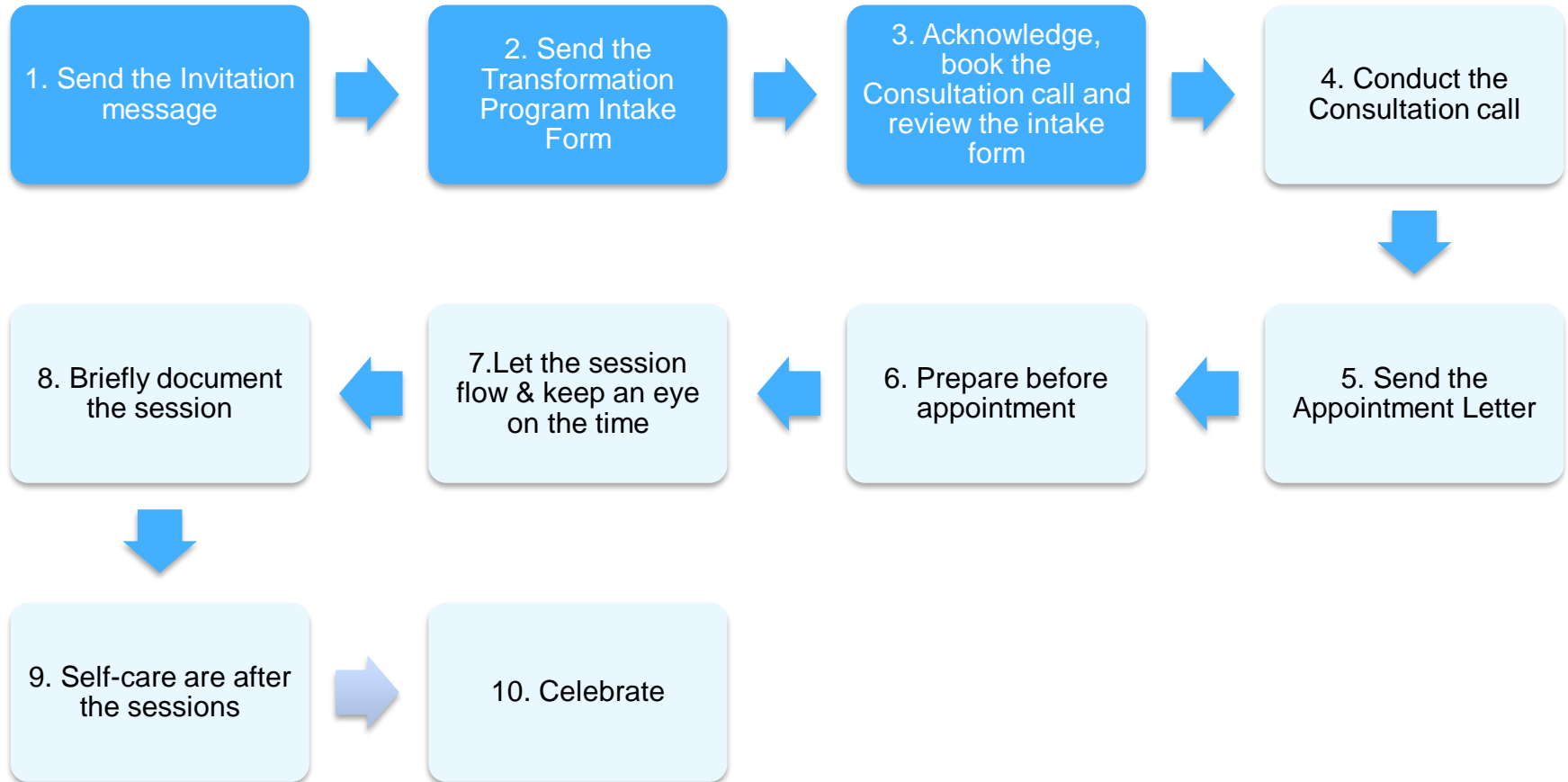
Date:

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1:33 pm ✓

CASE STUDY PROCESS STEPS



ONCE YOU GET THE INTAKE FROM

- Acknowledge your client
- Read the intake from
- Confirm the consultation call

INTAKE QUESTIONNAIRE

- Read the Intake form and read again.
- First, notice what you love about your client.
- Check the commitment levels.
- Notice what your client wants to explore and their priorities.
- Check 3 most important changes the client wants to make.
- What prevents them from making the changes and what has worked or not worked previously.
- How will the client know they have made the changes.
- The expectations the client has from the coach.
- Any additional information.
- Jot down any additional notes on what they want and any clarification questions you might have.

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Living more confidently with ease and calm
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VITALITY LIVING TRANSFORMATION PROGRAM INTAKE FORM

Name: JILL
Date of birth: Feb 26 '77
E-mail:
Phone number:
Relationship status: married
Profession/Job: Coach

1. What are the areas you would like to explore during your transformation program? For example problems you would like to solve or heal, goals you desire or outcomes you want.

- power & control in relationship(s) & w/ self.
- Would like to release this & allow.
- People disapproving of me (from Indian In-law), speak nasty behind back, which I also need to stop doing.

2. What are the 3 most important changes you would like to make in your life?

1. more silence & ~~more~~ reflection
2. time to write (& reflect)
3. ^{more} love & acceptance for self, family & friends

2. What are the 3 most important changes you would like to make in your life? ^{need to stop doing}

1. more silence & ~~time~~ reflection
2. time to write (& reflect)
3. ^{more} love & acceptance for self, family & friends

3. What prevents you from making these changes?

recent family wedding planning past 3 weeks

Rush to life... constant > addiction to the pace of life
chaos of hectic life (or my handling of it.)
self create rush or distraction of small tasks.

4. Answer only if relevant.....What have you done so far to solve the problem or reach the goal or outcome? What has worked and what has not worked?

- Created space in home to work
- scheduling in time for self & reflection

5. How will you know you have made these changes?

When daily there is time for reflection & exercise

Block of time to write

Breathing.

6. What are the priorities you would like to focus on during the Transformation program? (list top 3 in order)

- Further love for all people, their behavior, my behavior.
- Further support my in laws for a happy marriage & week.

7. What are your expectations from your coach/practitioner?

love & patience


8. On a scale of 1 to 10 how committed are you to the Vitality Living program to get the results and changes you desire? (10 is really committed and 1 is not at all)

10

Any other information (for example information from medical professionals and healthcare specialists)

INTAKE QUESTIONNAIRE

Forwarded

 **Transforming Lives**
Emotional Well-being, Personal Development & Spiritual Growth Seminars
& Trainings with International Certification
vitalitylivingcollege.info

Commitment level less than 10

*1. What are the areas you would like to explore during your Transformation Program?

Procrastination and overthinking * (For example, problems you would like to solve or heal, any goals you desire or outcomes you want.)

2. What are the 3 most important changes you would like to make in your life?

1. Putting myself first ... as in prioritise
2. Be more productive in consonance with my interests and aspirations
3. Fitness , diet and routine.

3. What prevents you from making these changes?

1. Life patterns , habit and mindset
2. Stuck in the quagmire of thinking and overthinking and lack of resources physical and personal .
3. India ! And all that comes with it ... above

4. Answer only if relevant: What have you done so far to solve the problem or reach the goal or outcome?

1. Analysed , identified and accepted self created hurdles .
2. Been working on myself within and outside .

What has worked and what has not worked?

1. Inconsistent and many disruptions . Breaks the rhythm . Lose momentum and motivation .
2. Lack of support , resources and continual responsibilities

5. How will you know you have made these changes?

1. When I'm not anxious or demoralised . When I feel cheerful and productive

*6. What are the priorities you would like to focus on during the Transformation

- .1. Being resolute , strong (outspoken) and disciplined
7. What are your expectations from your coach/practitioner?

INTAKE QUESTIONNAIRE

WHAT HAS WORKED AND WHAT HAS NOT WORKED:

1. Inconsistent and many disruptions . Breaks the rhythm . Lose momentum and motivation .
2. Lack of support , resources and continual responsibilities :

5. How will you know you have made these changes?
1. When I'm not anxious or demoralised . When I feel cheerful and productive

*6. What are the priorities you would like to focus on during the Transformation
.1. Being resolute , strong (outspoken) and disciplined
7. What are your expectations from your coach/practitioner?
Give me actual ways and not words to accomplish goals . Tangible methods to hasten my journey . Because I've already done a lot of self work I feel ,

8. On a scale of 1 to 10, how committed are you to the Transformation Program to achieve the results and changes you desire? (10 being fully committed, 1 being not at all)
As of now 5
I want to but for the next couple of months too many open fronts so mind space not there . Plus don't have time to devote to a program . So I guess you could say there's gulf between intention and actual s

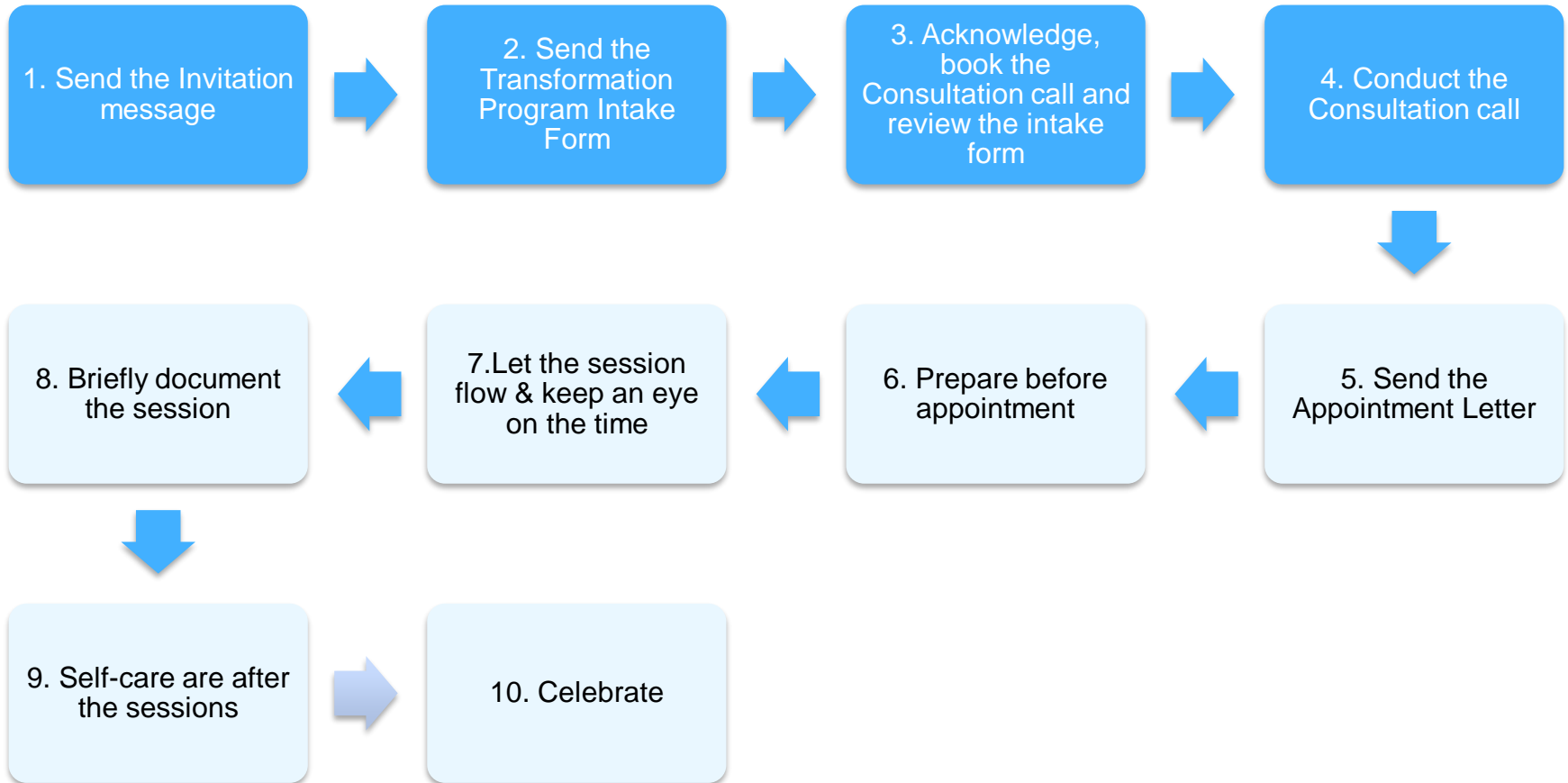
9. Any other information: (for example information from medical professionals and healthcare specialists)
I've an anxiety disorder and asthma and some physical restrictions due to Family history like arthritis , blood pressure and unresolved issues .

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- Recorded, and sent to the Trainer for evaluation, and I give my consent, as below:
Notes - Yes
Audio - /No
Video - No

5:09 PM

CASE STUDY PROCESS STEPS



BEFORE CONSULTATION CALL

- Prepare the space where you are going to conduct the call.
- For online sessions use a laptop or desktop and not a phone device with good internet connection and headphones if needed.
- For face to face session set up the room with 2 comfortable chairs opposite each other but to the side and not directly in front of each other.

BEFORE CONSULTATION CALL



BEFORE CONSULTATION CALL



BEFORE CONSULTATION CALL

- Prepare the space where you are going to conduct the call.
- For online sessions use a laptop or desktop and not a phone device with good internet connection and headphones if needed.
- For face to face session set up the room with 2 comfortable chairs opposite each other but to the side and not directly in front of each other.
- Make sure you have your water, tissue and notebook ready.
- Read the EFT Transformation Program intake form again and have your notes ready.
- Bring into your awareness what you love about your client. To influence someone, you must notice what you love about them first.
- Send to yourself and to your client the energy and vibration of unconditional love and acceptance.
- If need be, you can also surrogately tap for your client.
- If you are nervous, anxious or stressed about the session you can also tap on yourself.
- Complete the empty vessel meditation.

NEXT STEPS SUMMARY

1. Read the article on what to do if your client is not committed, <https://vitalitylivingcollege.info/what-do-you-do-when-your-client-is-not-committed/>
2. Fill in the Intake form and share it with your practitioner.
3. Review the Intake form and jot down your notes in preparation for conducting the Consultation call.

Summary

- EFT Practitioner state
- One to one case study process
- Intake form process
- Empty vessel meditation
- Next Steps

EFT Practitioner Training Completion – Module 1

