

SENIOR MENTORS & PRACTITIONERS TRAINING MODULE 2

QUESTIONS & ANSWERS 01ST AUGUST 2025

QUESTIONS ANSWERED:

1. What is the EFT Practitioner Mentoring Program Intake form, and what purpose does it serve?

The EFT Practitioner Mentoring Program Intake form is designed to help you get the most out of your mentoring sessions. It collects important details so your mentor can tailor the sessions to your needs and preferences.

- A. You'll begin by filling in your basic information — name, date of birth, email, phone number, current city and country, relationship status, profession, and preferred languages for sessions. This helps with scheduling and communication.
- B. Next, you're asked about your goals for the mentoring program. This could include building confidence, improving client sessions, or preparing for certification.
- C. You then choose areas where you want focused support — such as doing consultation calls, working with clients, or writing case studies. This ensures sessions are practical and relevant to where you are in your journey.

- D. The form also asks about your mentoring style preferences — how you like to be guided and how you prefer to receive feedback. This helps your mentor understand the best way to support you.
- E. You'll also be asked if there's any other information you'd like to share, which gives you space to include anything personal or professional that might help your mentor understand you better.
- F. Then you can list your top 3 preferred Senior EFT Mentors. While your first choice isn't guaranteed, they'll try to match you with someone aligned to your needs.
- G. Finally, you review and agree to some important terms and conditions — such as confidentiality, consent for recording (if applicable), data privacy, and that mentoring is for development and not medical treatment.

After you submit the form, the team will follow up with the next steps and match you with your mentor. Here's the link to the form:

<https://vn319.infusionsoft.app/app/form/eft-practitioner-senior-mentors-mentoring-program-intake-form>

2. What is a Consultation Call plan?

A Consultation Call Plan is a structured approach used during a one-on-one call between a mentor and mentee (or practitioner). It helps the mentor guide the conversation in a purposeful, supportive, and productive way. Here's what the plan includes:

- A. Read the Intake Form: Before the call, read the mentee's intake form. This provides key information about their background, current stage in training, goals, and expectations. It sets the foundation for a personalised and meaningful conversation.
- B. Review the Personal Development Plan and Audit: Take time to review their personal development plan and audit, including their learning reflections, action steps, and areas where they seek support. This gives you insight into their self-awareness, progress, and needs.
- C. Conduct the Call: The consultation call itself unfolds through several guided sections:

Getting to Know the Mentee: Begin by building rapport. Ask:

- "Can you tell me about your journey so far and what led you to seek training?"
- "What inspired you to pursue this field?"
- "What are your greatest strengths, and where do you feel you need support?"
- "How do you like to receive feedback? Are there any preferences I should know?"

These questions help you understand the mentee's motivations, learning style, and where they stand emotionally and professionally.

Clarifying Goals: Next, clarify their goals by asking:

- “What are your short-term and long-term goals for this mentoring relationship?”
- “What specific skills, knowledge, or outcomes are you hoping to gain?”
- “Are there areas in your practice, personal growth, or professional development you'd like to focus on?”
- “How will you know when you’ve achieved success in these areas?”

This ensures the mentoring is aligned with their vision and needs.

Building Confidence and Skills: Help the mentee build confidence by exploring:

- “What challenges or obstacles are you currently facing?”
- “Are there any techniques you feel less confident about?”
- “What resources or tools could help you grow?”
- “Can you share a recent success story that made you feel capable? What made it work?”

This section focuses on strengthening their skillset and boosting self-belief.

Exploring Personal Growth: Support their inner development by asking:

- “How do you approach situations where you feel stuck?”
- “Are there any limiting beliefs or self-doubts you’d like to work through?”

- “How do you handle feedback, and what role does it play in your growth?”
- “How do you manage stress, maintain balance, and stay motivated?”

This encourages deeper reflection and self-awareness.

Self-Assessment – Help Needed: Guide them to assess their journey:

- “What are your reflections so far?”
- “What’s been going well, and what’s felt more difficult or unclear?”
- “Where do you feel you need more support or input?”
- “Is there anything we haven’t discussed that might be helpful?”

This opens space for honest dialogue and identifying blind spots.

D. Personal Development Plan – Help Needed: You can also walk them through their Personal Development Log by reflecting on:

- What did I love about the day?
- What can I do even better?
- What did I learn?
- How will I use what I learnt?

And follow up with:

- Learnings & Reflections
- My Action Plan

- Support Needed from Trainer/Supervisor

This helps them integrate learning, plan next steps, and clarify support required.

A Consultation Call plan is your structured roadmap for understanding, supporting, and empowering your mentee. It combines reviewing their materials (intake + audit), having a well-guided conversation, identifying key goals and obstacles, and co-creating a growth plan.

3. For the EFT Mentoring sessions, can mentees share their questions on WhatsApp beforehand so we can review them and stay within the 45–60-minute limit?

Yes, mentees can be invited to share their questions before the session, such as through WhatsApp or another messaging platform. This can be helpful for mentors to prepare in advance, manage their time effectively, and stay within the 45–60 minute limit for each call.

However, keep the first session informal and heart-centred.

For the first consultation or mentoring session, it's usually best not to make it too formal or structured. Since the mentees have already submitted detailed documentation—such as intake forms and personal development plans—adding more pre-session tasks might feel too “cerebral” or overwhelming.

Instead, keep the conversation light and focused on connection. Aim to build rapport and create a heart-to-heart experience. This sets a strong foundation for future mentoring. Address misunderstandings gently.

There may be times when a mentee misunderstands what's expected, such as submitting a case study that turns out to be a consultation call instead of an actual client session. In such cases, the mentor should gently clarify by asking: "I noticed you submitted your consultation call as a case study. Can you share your thinking behind that?"

This kind of question helps mentors understand the mentee's frame of reference and gently guide them without judgment. Use video audits as reflection opportunities. As part of the certification process, mentees may submit a video audit of a session.

If a mentor watches the video and notices areas of concern or red flags, it's useful to reach out beforehand and ask the mentee to reflect:

"Before our call, could you please watch your video and share what you think went well and what could be improved?" This helps the mentee become more self-aware and better prepared for the mentoring discussion. It also makes the session more collaborative and less surprising for the mentee.

Give space for natural reflection and growth. Rather than giving out everything before the call, especially early in the mentoring relationship, it can be more effective to use the sessions as a space for natural discovery, reflection, and connection. When structure is needed—such as for case studies or video feedback—encourage pre-reflection in a way that supports learning and growth.

4. Does the guidance to avoid premature reframing for someone with a victim archetype also apply in EFT Practitioner sessions?

Yes, the guidance to avoid premature reframing very much applies during EFT Practitioner sessions, especially when working with clients who may be in a victim archetype. At the EFT Practitioner level, reframing has not been taught in depth. Practitioners are typically only introduced to basic reframes, such as: “I deeply and completely love and accept myself.”

Some minor reframes may be used in specific contexts like Fears and Phobias, but more advanced or nuanced reframing is not part of the practitioner-level curriculum. If a practitioner begins reframing too early or too forcefully, it can become leading rather than allowing the client’s own insight to arise naturally. This is especially risky with clients who are feeling vulnerable, stuck, or are expressing a victim narrative. At this level, it’s important not to bypass the emotion or dismiss the client’s reality with statements that push them into positivity too quickly. Practitioners sometimes fall into the trap of “fixing” the client with reframes like: “Even though I have this headache, isn’t it great it’s disappearing now?”

“That’s just my mind sharing nonsense with me again.” These kinds of reframes are inappropriate at this stage. They shut down emotional exploration and can feel invalidating to the client. In contrast, EFT Advanced Practitioners are trained to test more, trust their intuitive hunches, and may begin reframing earlier in a session—often within

the first 5–10 minutes—but they do so without trying to fix. Their reframes are responsive, not prescriptive.

Let the process unfold. Practitioners should avoid using reframes to rush resolution. When working with a client who presents victim energy, the goal is to validate, explore, and allow insight to emerge naturally. Reframing should only be introduced when it's appropriate, trained for, and truly client-led.

5. How to handle clients who frequently cancel and reschedule—what's the best way to manage that?

If a client often cancels or reschedules, it may be a sign that the sessions aren't a priority for them right now. This isn't necessarily a reflection on you or your work—it simply indicates where they are in their journey. Communicate gently but clearly. Let the client know, in a kind and non-judgmental way, that it's okay if now is not the right time. You might say: "It seems this might not be the right moment for this work. That's completely okay. When you're ready to prioritise it, just reach out and I'll gladly make space for you." This keeps the door open while also respecting your time.

Set boundaries for future bookings If and when the client returns, invite them to recommit with clearer terms. A simple and respectful way is: "I'd love to work with you. To reserve your slot, I'll need full payment in advance." This ensures they are genuinely ready and committed.

Introduce a clear cancellation policy. Explain your expectations clearly. You could say: “Once we book your sessions, they’re confirmed in my calendar. If a session is cancelled, it will still be counted or non-refundable.” This helps manage expectations and reduces last-minute changes.

Recognise the value of boundaries. Being overly flexible may seem helpful, but it can unintentionally support a lack of seriousness. Clear boundaries create clarity, encourage responsibility, and reinforce the value of your work.

Stay kind, stay firm. Let the client lead their timing, but ensure your role and boundaries are respected. A committed client will show up consistently, and your time deserves that level of honour.