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## **EFT (EMOTIONAL FREEDOM TECHNIQUES) PRACTITIONER COACHING 14-MODULE SELF-ASSESSMENT CHECKLIST**

|                         |  |
|-------------------------|--|
| <b>PARTICIPANT NAME</b> |  |
| <b>COACH</b>            |  |
| <b>DATE</b>             |  |

### **Rating Scale:**

| Rating | Meaning                            |
|--------|------------------------------------|
| 1      | Do not understand yet              |
| 2      | Basic understanding; need guidance |
| 3      | Understand but need practice       |
| 4      | Can facilitate with confidence     |
| 5      | Can facilitate independently       |

|    | Module                                         | Confidence<br>(1-5) | Practiced? | Facilitate<br>Independently? | Questions/<br>support<br>needed |
|----|------------------------------------------------|---------------------|------------|------------------------------|---------------------------------|
| 1. | Introduction,<br>Foundations &<br>Basic Recipe |                     |            |                              |                                 |
| 2. | Physical Tension<br>& Tell the Story           |                     |            |                              |                                 |
| 3. | Addictive<br>Cravings (Give &<br>Receive)      |                     |            |                              |                                 |
| 4. | Movie                                          |                     |            |                              |                                 |

|     | Technique                                        |  |  |  |  |
|-----|--------------------------------------------------|--|--|--|--|
| 5.  | Tearless Trauma, Safety, Keyword & Box Technique |  |  |  |  |
| 6.  | Practitioner Skills                              |  |  |  |  |
| 7.  | Fears & Phobias                                  |  |  |  |  |
| 8.  | Kids & Teenagers                                 |  |  |  |  |
| 9.  | Surrogate Tapping                                |  |  |  |  |
| 10. | Limiting Beliefs & Personal Peace                |  |  |  |  |
| 11. | EFT Timeline                                     |  |  |  |  |
| 12. | Indecision Technique                             |  |  |  |  |
| 13. | Live Demonstrations & Integration                |  |  |  |  |
| 14. | End-to-End Practitioner Session                  |  |  |  |  |

### Practitioner Skills Rating:

|    | Skill                   | Rating (1-5) |
|----|-------------------------|--------------|
| 1. | Understanding EFT       |              |
| 2. | Explaining techniques   |              |
| 3. | Exploratory questioning |              |
| 4. | Client safety           |              |
| 5. | Calibration             |              |
| 6. | Choosing techniques     |              |
| 7. | Reframing               |              |
| 8. | Managing abreactions    |              |

|     |                  |  |
|-----|------------------|--|
| 9.  | Rapport          |  |
| 10. | Closing sessions |  |

### Reflections:

Modules I feel most confident about:

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Modules I need support with:

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Techniques I want more demonstrations on:

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Biggest concern about becoming EFT Practitioner:

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Support I expect from my coach:

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### Coach Initial Assessment:

|                         |  |
|-------------------------|--|
| Strengths Observed      |  |
| Areas Requiring Support |  |
| Priority Modules        |  |
| Action Plan             |  |