

Emotional Freedom Technique

Learn to:

- ✓ Gain confidence and success for yourself & others,
- ✓ Help yourself to be the best you can be,
- ✓ Gain time by being more relaxed & focussed in your life,
- ✓ Improve your self-esteem & your resistance to stress
- ✓ Remove obstacles such as anxiety, food cravings, guilt, phobias etc,
- ✓ Fulfil your potential & achieve your goals!

The course: Emotional Freedom Technique (EFT) is being used to create personal confidence and enhance success; learning this simple yet powerful technique can help you to achieve all of the above and so much more. This three day course is approved by the Association for the Advancement of Meridian Energy Therapies (AAMET) and is led by an experienced EFT trainer. It covers the requirements for level 1 and level 2 (Practitioner status) - to pass the level 2 component you will need to pass a short online exam and submit 3 written case studies for approval. Practitioner level will allow you to practice EFT with others and obtain insurance.

The aims: aimed at anyone who wants to improve their personal or business life (or your practice as a coach, therapist or counsellor) this course will enable you to

- Learn about the history of EFT and how it works
- Understand how we make sense of the world and explore the use of EFT on a variety of physical and emotional issues
- Gain key skills in EFT and practice techniques to make profound changes in your life
- Gain membership of AAMET upon successful completion of level 2.

The trainers: Professor Tony Stewart is an advanced EFT practitioner and AAMET approved trainer. He currently runs EFT clinics in the NHS and is actively researching the effectiveness of EFT. He has a friendly and motivational approach and will encourage you to learn in a relaxed and safe environment.

The investment: three days of your time and £390 - discounted early bird rate of £350 for bookings made 2 weeks in advance. Deposit of £50 required.

The venue: West Midlands House, Gipsy Lane, Willenhall WV13 2HA. 10 mins from J10 M6, or easy access from Walsall or Wolverhampton mainline train station. Large FREE car park.

The dates: 3 full days - 12th, 13th & 14th March 2012. 9.30-4.30

Booking: booking is being handled by Headz Up Business on behalf of Bright Red Creative Solutions Ltd, please email pushpa@headzupbusiness.co.uk or call **01902 500201** or **07772 045850** to register your interest and to receive further booking instructions.

