

## HOW CAN YOU USE EFT?

### *Personal Coaching*

Anyone can benefit from a Personal Coach, it's not just for professional athletes or the super-wealthy. Is there a way you'd like to improve your life? A Personal Coach can give you a fresh perspective on your issues or goals, and teach you tools and exercises to help you move forward. EFT adds a touch of magic to the process, helping you achieve your goals many times faster!

Establish a monthly program to keep focused on your ongoing goals, or use individual coaching sessions to accomplish a specific goal.

### *Couples Coaching*

Nothing brings up deep-seated issues quite like a romantic relationship! (Ever have a reaction to your partner that felt way out of proportion to the actual event?) When you push each other's buttons, using EFT is a great way to clear up old issues, giving you more clarity and satisfaction in your relationship!

### *Sales Success Coaching*

EFT helps you discover and clear up your blocks to successful sales. There may be a hidden energy disruption keeping you from the performance you know you can reach. Improve your closure rates, shorten the sales cycle and magnify your earning potential!

### *Golf Coaching*

EFT Golf Coaching is not about technique. You already know how to stand, how to hold the club, how to swing, how to follow through. This is about allowing your energy to flow freely. You'll be amazed by the improvement in your game! Available for individuals or groups. Held off site at your club or driving range.

### *Corporate Team Group Coaching*

You might spend more of your waking life with your co-workers than you do with your family. For that reason, work relationships can be very effective at bringing up old issues. And some very familiar struggles tend to show up.

When you get your whole team working more smoothly together, everybody wins! Your employees will be more satisfied in their jobs, they'll perform better in every way, and it will show in your bottom line!

### *Mothers' Groups*

Share experiences with other Moms and gain insights into the various issues of parenting in today's busy world. When you handle your parenting stress with EFT, it's easier to be a great Mom!

**Cancellation Policy** A 24-hour cancellation notice is required on all services. Those failing to cancel in advance or not showing will be charged the value of the missed service.

# EFT



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## WHAT IS EFT?

EFT (Emotional Freedom Techniques) is a powerful energy therapy technique, sometimes called “tapping”. It’s used for emotional healing, physical healing and self-improvement. It corrects problems at the subconscious level so results are fast and long-lasting, without the need for willpower! It’s painless and easy to learn, and it often works where nothing else will!

EFT is based on this principle: *the cause of all negative emotion is a disruption in the body’s energy system*. In other words, emotional distress is a symptom, an indication that energy is not flowing freely through the body’s energy channels (meridians).

It’s widely held that unresolved negative emotions cause physical problems. Therefore, many physical problems are also symptoms of energy disruptions.

Because so many different emotional and physical symptoms have the same underlying cause, they also have the same treatment: neutralize the disruptions in the body’s energy system. Restoring the free flow of energy through the body’s meridians naturally relieves the associated symptoms. Some changes are immediate and permanent, while more complex issues can take some time.

## HOW DO YOU DO EFT?

We focus attention on a specific problem or goal (to “activate” the energy disruption). Then we tap on a few acupuncture points with our fingertips. This directed tapping neutralizes the energy disruption that’s associated with that specific problem.

## WHAT IS EFT USED FOR?

EFT is used to improve lives in countless ways, from trauma recovery to sports performance. Just a few examples:

### *Emotional healing:*

Anxiety	Depression
Phobias	Addictions
Stress reduction	Troubling memories
Relationship issues	War trauma
Anger management	Forgiveness
Nervous habits	Parenting concerns

### *Physical healing:*

Chronic pain	Migraines
Allergies	Insomnia
Heart problems	Colds and flu
PMS	Endometriosis
Asthma	Eating disorders

### *Self-improvement:*

Lose weight	Stop smoking
Business success	Sports performance
Improved self image	Positive attitude
Fun and fearless public speaking	

## RATES

### *Individual/Couple Rates*

30 Minute Session.....	\$40
60 Minute Session.....	\$70
90 Minute Session. ....	\$100
Series of 3-60 Minute Sessions.....	\$200
Series of 5-60 Minute Sessions.....	\$300

### *Group Rates*

For any group of people seeking a common goal: Corporate Teams, Mothers’ Groups, Weight Loss Groups, etc. Set it up for your group or let us help you start one. Rates are for 3-20 participants at All About You. Call for rates for larger groups at your facility.

90 Minute Session. ....	\$150
120 Minute Session. ....	\$200
Series of 3-90 Minute Sessions....	\$400
Series of 3-120 Minute Sessions	\$500

## ABOUT OUR EFT PRACTITIONER

Cheryl Menard has been using EFT since 2006, earned her Basic and Advanced EFT certifications in 2007 and is an ACEP member. She’s a life-long student of self-improvement and always continues to study new techniques. She refines her skills by attending conferences and workshops, studying books and online resources, and working with a regional network of EFT Practitioners. A very down-to-earth, practical person, Cheryl loves EFT for its quick and long-lasting results!