

Why Alison enjoys teaching these Accredited EFT workshops?

One of the reasons I love teaching EFT is because I have the honour of being with people who are committed to self-development and healing, not only for themselves but often to share with others and potentially help them too. I am so frequently witnessing incredible physical and emotional transformations as students move through limitations including beliefs about themselves like “I’m not worthy” “I’m stuck” “I don’t deserve to be happy and well” “I will never get better” “I’m powerless” the list goes on! To a sense of peace, freedom and an ability to move on.....You see, tapping ultimately supports people to return to their natural state of being and inner stillness. From this space there come clarity and an ability to think more clearly about what the next best action may be, decisions are made from a more harmonious and calm state of being instead of a stressed state, and we have all been there and regretted our actions. This has a wonderful knock on effect not only in the students world but all those around them. We are working with the subtle yet powerful energy flow of the body and aligning ourselves to live a more graceful and joyful life.

Many people come to the workshop for their own self development, feeling stuck and in a pattern they can’t break alone, coming to clear pain, both physical and emotional and often traumatic memories, grief and loss, to let go of blocks in the way of living life to the fullest basically. Sometimes these individuals have tried everything else and spent thousands to try and feel better. Like I said it is truly wonderful and an honour to support people to move through these barriers using the EFT tapping techniques that I teach during the workshop. The workshops are very experiential with many opportunities to practice the tapping and I do many live demonstrations with my students where they have the opportunity to release sometimes-lifelong issues. The other group of people come to the workshops to learn the tapping so they can become Accredited practitioners themselves and add this qualification to their current toolkit. After completing level 2 advanced workshop individuals are required to fulfil all of AAMETS requirements see here in my FAQ about these requirements. Level 2 offers students an opportunity to learn more deeply, especially how to resolve longstanding issues effectively and learn how to investigate and release the root cause of the problem.

My workshops are light and fun, yes at times they can be intense as people work through some challenges but my goal is to offer a safe healing and learning space. Healing doesn’t have to be too heavy and we have lots of humour thrown in for a good mix. I am biased of course but I feel it is an amazing workshop, very unique and ultimately potentially a life changer. As I am an Accredited Master trainer and practitioner students can be rest assured that they will receive high quality training. Workshops are experiential, fully accredited and registered with AAMET (Worldwide professional organization for EFT)

I am so thrilled to take students through the process of becoming Accredited

practitioners as by doing this we are raising awareness about this incredibly effective tool for healing in a professional manner and bring EFT to the credible platform that it deserves.

I would like to close by sharing this common issue that some students arrive with on the workshops: Students often say they are a bit confused on what to say when tapping or what to do (that's why they came right?) but what of course happens frequently is they use good old Dr Google and find many wondrous tappers to tap along with. The only issue with this at times is it throws peoples confidence. I make EFT Easy, take the complications away and teach people to keep on track, focused on each issue at a time and offer many useful tips on getting great consistent results.

Please see my workshop testimonials below:

"It was a pleasure to meet and work with Alison on EFT Level 1. She has a very open and approachable style that is engaging and inspiring. All the material was covered very well and her delivery was relaxed and extremely professional. I felt at all times able to ask questions and she was able to offer clarity on many points which the group raised. It was extraordinary to be able to have a 'mini session' with her where she demonstrated the benefits of tapping on an issue that I was going through. I feel very excited to be continuing my training with her on Level 2 and would highly recommend anyone see Alison for a one to one where I am confident that she would be able to help anyone alleviate suffering and gain insight into any issue. Her use of humour throughout certainly kept the weekend 'real' and I learnt a great deal through her unique and individual teaching methods. Huge thank you."

Russell Byrne - Sydney

"Over the weekend I completed EFT level 2 for the second time and gained so much from this course, not only was the content clearly presented but was targeted to the group attending. It was great to see myself and others attending change and grow in two days, Alison is a master at reading people and it was great to see how simple EFT can be. Over the year and a half, I have been working towards becoming an accredited EFT practitioner Alison has offered professional and supportive, if anyone is looking at any element of EFT, private EFT session, learning EFT through completing EFT Level 1 and then EFT Level 2, either for personal use or going on to becoming a EFT practitioner you will be amazed how much positive change and space for growth this process can help support. Yes, you can have a "HappiSoul".

Cameron Bishop

"EFT Training Graduate Testimonial I went to Alison to obtain my certification as an AAMET EFT Practitioner. She was a skilled and extremely personable trainer who was with us every step of the way during our training. Her expert knowledge of the subject matter was evident and she was able to impart this

to her students. I came away feeling that I had not only received my certification, I had also received a lesson in how to conduct myself with clients in the future. I couldn't recommend Alison highly enough as a person or as a trainer."

Catherine O'Sullivan, EFT Training Graduate, Sydney