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Emotional Freedom Techniques

14 May 2010 * Ultimate Performance and Wellness Centre

EFT Level 1 Course, *AAMET Approved Workshop

** Association of Advanced Meridian Energy Therapies, UK*

A workshop that introduces a unique and distinctive approach to "unblocking" things that holds you back! It is quick, effective and you will have the skills for the rest of your life!

Conducted by Manjeet Kaur, Level 3 Advance EFT Practitioner and Trainer (UK), NLP Trainer and Master Practitioner (NFNLP, USA), Certified Hypnotherapist (NGH, USA), Peak Performance Energy Coach (Aust)

Emotional Freedom Techniques often works where nothing else will! Break through the barriers to peak performance and experience higher levels of success with...

Revolutionary techniques from the new field of Energy Psychology, and how you can apply them to break through mental and emotional barriers that hold people back.

Powerful new mind-body strategies that will allow people to access their personal power on a consistent basis.

Unique 'state' management that can be applied to gain freedom from negative emotions, overcome emotional blocks to performance, and tap into peak performance states on a daily basis.

EFT is a fast results, self help tool that addresses emotional and personal performance issues. Think about it and many of us would realize that our physical pains and diseases are well connected to our mental and emotional state of being.

For Individuals and Corporations!

The critical factor for maximizing professional performance is improving how individuals manage themselves and their working relationships with others. Technical skills and IQ account for about 15 percent of top level performance whereas 85 percent of professional success is due to emotional intelligence.

Alongside with the people who want to go 'beyond' and achieve greatness are also the difficult people who have often been labeled as having "Attitude" problems with little hope for change.

Just how does one get over an "attitude"? And how can one 'breakthrough' from Good to Great?

Blocks to required performance are often linked to emotions & beliefs - By changing negative emotions, beliefs, thoughts attached to behavior and can dramatically improve results – your team will soon be thriving on challenging and potentially stressful situations!

How You Will Benefit

EFT *melts away distress* of all kinds - and it is distress we try to get away from with anger outbursts, over-eating, with substance and activity addictions, with procrastination, with depression, with sickness and with headaches. Some benefits you can achieve are:

- **Self image / Confidence**
- **Anger management**
- **Stress / Anxiety management**
- **Improving concentration**
- **Fears and phobias**
 - **Public speaking**
 - **Flying**
 - **Change**
- **Peak performance**
- **Staff with negative attitudes / performance**
- **Staff with high illness records**
- **Improving implementation – action orientation**
- **Breaking bad habits**

The list is not comprehensive but as we say 'Try it on everything!'



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Workshop Highlights

1. How EFT works
2. More than 10 refinement tips on the 'art' of EFT for better results
3. Videos with case studies
4. Live demonstrations and practice on real issues

Spend major time on your own personal issues!

This is the most important part of your workshop and is critical because your effectiveness will depend on them getting their own personal results. We will also cover issues in the below areas:

- **Physical discomfort/pain**
- **Addictive cravings or bad habits**
- **Trauma/negative memories and emotions**

This introductory EFT Level 1 training course will enable you to use EFT on yourself, with friends and family. **Certificate, workbook and tea breaks are included.**

Who Should Attend

This is a fast result, simple tool for Managers , Departments Heads, Therapists, Healers, Doctors, Coaches, Counselors, Healthcare workers, Teachers, Trainers, parents, anyone who wants to improve and help others with EFT.

Date: 14 May 2010

Time: 9am – 5pm

Venue:

Ultimate Performance and Wellness Centre

Lot S9, 2nd Floor, Centre Point,

Bandar Utama, Petaling Jaya, 47800 Selangor D.E.

Investment: RM540.00 per person

SPECIAL EARLY BIRD RATE:

RM490 only per person if you register and pay by 30 April 2010

EACH PARTICIPANT WILL RECEIVE A DVD SET ON 'THE EFT COURSE' VALUED AT RM200.00

EFT Level 1 is a pre-requisite to attend Level 2 Practitioner level

EFT LEVEL 1 Course Schedule

Time	Topics
9.00am -9.30am	Introduction
9.30am – 10.45am	1. Understanding EFT and emotions 2. Learning the process
10.45am – 11.00am	❖ TEA BREAK
11.00am – 1.00pm	3. The Refinement Tips for better results 4. Using the process on issues
1.00pm – 2.00pm	❖ LUNCH TIME
2.00pm – 3.30pm	5. Video – case studies 6. Demonstration and Working on issues
3.30pm – 3.45pm	❖ TEA BREAK
3.45pm – 5.00pm	7. Working on issues 8. EFT Demonstration and practice 9. Close

Testimonials

“Please do yourselves a favour and check what EFT can do for you. A solution once taught you take home and apply it anyway you need it. No medications, no other stimulus needed, no recordings, nothing,....just tap away when you feel overcome with emotions that threaten to take your peace of mind from you. ”

Rani Kaur, HR Manager, KL, Malaysia

“The use of EFT on myself has helped to clear a lot of unwanted patterns that are compulsive, and almost running my life. EFT uncovered the switch buttons to these compulsive distractions, and allowed me to clearly see and know that there's always a choice in life. It is very good to know that there's a tool that I can use wherever, whenever and however, glad that this can take me through both good and challenging days. The use of EFT on family members and friends as well has created a lot of peace. I'm excited to see what EFT can do for me, and am watching for the results in the coming years”

Jin Yap, Student, PJ, Malaysia

The ability to get rid of negative beliefs or events and change how I feel about traumatic events.

Shahanaaz Sher Habib, reporter

“Manjeet helped me change my perception of myself and what was happening around me. I now believe that we can be free of deep rooted beliefs and childhood conditioning that shackle us. I now believe in myself.

I am feeling more confident, self assured and on my way to creating a more positive reality for myself. Thanks Manjeet!”

Sally, Lawyer, Malaysia

I achieved my objectives – what I am looking for. To be able to reach out to the inside of me. Knowing how to release the block. Amazing!

Azlina Binti Affandi, HR

Trainer and Facilitator

The Best Learning Experience: You will benefit from Manjeet’s vast experience and skills as a trainer and coach - using tools such as NLP, Hypnosis and Advance level EFT.

COURSE LEADER – MANJEET KAUR



Manjeet is a Level 3 Advance Practitioner and Trainer in Emotional Freedom Technique (EFT) qualified in London. She is also a Certified Hypnotherapist from the world famous Cal Banyan Hypnosis Centre, USA, a Master Practitioner and Trainer in Neurolinguistic Programming (NLP) qualified by modern day NLP Guru Dr Will Horton. (NFNLP, USA), a Peak Performance Energy Coach and is also a Reconnection Level 3 practitioner (USA)



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Manjeet comes from a corporate background, having spent the last 15 years in the global cosmetics company, Avon. Her forte has always been in the understanding and delivery of customer needs, primarily in the marketing and sales sector, having held senior executive positions in the countries Malaysia & India, in the Asian Regional office and Global office, New York.

Manjeet's corporate exposure also includes strategic planning in country and process reengineering regionally /globally, and thus has dealt with a diversity of people. Her keen interest in the 'feel good factor' while delivering desired results has driven her to seek out transformative ways of thinking, communicating and learning effectively.

Leading edge tools like Neurolinguistic Programming (NLP), Emotional Freedom Techniques (EFT) and Hypnosis are what's required to make learning fast and effective to deliver required and sustainable results. Manjeet is a Certified Trainer and a Master practitioner of NLP (NFNLP, USA), Certified Hypnotherapist (USA), Advance Level 3 practitioner and Trainer per AAMET in EFT (London) and Level 3 Reconnection Practitioner.

Manjeet is the Managing Director and principal trainer of Ultimate Performance and Wellness Centre. Her courses include: NLP Basic Practitioner, NLP information based selling, Emotional Freedom Techniques Level 1 and 2, 7 PATH Self Hypnosis workshops amongst others. These are well attended by individuals personally as well as from corporations such as Rentwise, CSA, Avon, Redtone, Nordenia, Jobstreet, Sanofi, Melia Hotel, MUI Insurance, along with many other leading corporates who naturally expect continuous improvement. Often ranked 'Very Good to Excellent' by participants, she delivers the desired outcome.

ORGANIZED BY ULTIMATE PERFORMANCE SOLUTIONS

UPS was formed in response to the increasing demand for individuals and companies to achieve sustainable positive change and results. UPS provides personalised programs that will enable and empower you to identify and fulfill your personal, professional and healthy lifestyle goals. We deliver performance from the inside out with proven techniques, processes and experienced facilitators for sustainable mindset and behavior change.

**FOR REGISTRATIONS, CALL OUR MARKETING PARTNER
RAYMA SDN BHD at 03-7723 2600 / 016-363 4922
Attn: Edward Lu Email: edlu@rayma.com.my**



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FAX REGISTRATION FORM TO 03-7723 2599 TEL: 03-7723 2600

YES! Please register the following participants for:

Emotional Freedom Techniques – Level 1

14 May 2010 ▪ Ultimate Performance and Wellness Centre

Important Note: Payments must be made with your registration / prior to the event date.

Name 1:			
Position:			
DL / Mobile:		E-mail:	
Name 2:			
Position:			
DL / Mobile:		E-mail:	
Name 3:			
Position:			
DL / Mobile:		E-mail:	
Company:			
Address:			
Tel:		Fax:	
		E-mail:	
Contact Person:			
Position:			
DL / Mobile:		E-mail:	

PAYMENT METHOD

<input type="checkbox"/> By Bank Transfer		<input type="checkbox"/> By Cheque	
Remit payment at any Maybank branch		Cheque #	
<ul style="list-style-type: none"> A/C Name: Ultimate Performance Solutions A/C Number: 512763104820 		:	
Fax us the bank-in slip with this registration form at (03) 7723 2599		Amount :	
Rayma Mobile: 016-363 4922		made payable to: Ultimate Performance Solutions Fax this registration form then send with payment to RAYMA Sdn Bhd (155878W) Unit S2, 2nd Floor, Centre Point, Bandar Utama 47800 Petaling Jaya Selangor D.E. Malaysia Tel: (03) 7723 2600 Fax: (03) 7723 2599	