

TAP AWAY ANXIETY AND FEAR

8 HR COURSE

EFT TAPPING FOR PARENTS - TAPPING FOR KIDS



PREPARED AND PRESENTED BY

SAM NEFFENDORF & PATRICIA MADDALENA FOUNDER OF WIGGLEBUMS/KIDS
AND LEAD TUTOR



Hello,

It's lovely to hear that you are interested in training with us and embarking on a wonderful journey of growing your knowledge base and expanding your toolbox.

When I set up WiggleBums, my mission was to support and empower families throughout the first few years of a child's life.

As we've grown so has our mission, and now we support and empower families from toddlers to teens using various processes that work at the deepest of levels.

I've been a Therapist for nearly 20 years which has been the driving factor in creating our in-depth science-based trauma-informed training's and courses.

Our EFT Tapping for Parents - Tapping for Kids course is for anyone who cares for a child. You don't have to be a parent to benefit from this course. You could be a grandparent, a career, a teacher, a therapist, a counsellor a kids yoga teacher or work for a charity or the NHS.

Anyone who wants to make a difference to a child or family's life and who wishes to add to their toolbox will benefit from our course.

EFT is a powerful way to help families work through issues that are causing problems. EFT is simple, powerful, effective and brilliant for kids. It provides them with the tools to be able to self-regulate their own emotions, meaning they are fully equipped when life throws them those curve balls.

Learning and using EFT as a family means you all reap the benefits both individually and collectively. It can make a huge difference in relationships and in the way we feel about ourselves and our families.

EFT TAPPING FOR PARENTS TAPPING FOR KIDS

COURSE AIMS...

EFT Tapping for Parents Program to help you and your children process and balance challenging emotional states, such as stress, anxiety, anger, and overwhelm.

The workshop consists of four x 2-hour sessions and is suitable for parents to use with children of all ages from babies to teens.

- WEEK 1 - What EFT is and how it works
- WEEK 2 - Working on your own parenting issues
- WEEK 3 - How To Work With Children of all ages from babies to teens
- WEEK 4 - Surrogate Tapping (when your child doesn't want you to work on them directly)

EFT can play a significant part in helping you, and your child release fear, anxiety, trauma, and doubt often in a matter of minutes.

It's an easy-to-learn technique that can be done almost anywhere, anytime. Even when your child is too cross or upset to do it!

ABOUT THE WORKSHOP

This workshop is highly experiential. As well as learning the processes you will also be clearing and releasing personal blocks during the calls.

You will explore your personal triggers as a parent and identify and transform any limiting parenting beliefs you currently hold.

You will take part in all the group tapping sessions. Group tapping is incredibly powerful, because of a phenomenon known as Borrowing Benefits.

This means that all members of a group can improve or resolve their own individual emotional blocks by focusing on one member's specific issue.

It involves tapping along with someone else's issue while watching or listening to their session (either live or on a recording) and thus "Borrowing Benefits" for yourself.

It works because the issues being addressed for someone else often mirror yours.

While you probably don't have the exact fears, guilt, traumas, resentments, etc. as the person having the session, you DO have your versions of them.

Therefore, you can often get major benefits in this way and it is a key part of why group tapping can be so powerful.



WHERE IS THE WORKSHOP HELD AND WHAT DO I GET?

The sessions are held on Zoom, so you can join, wherever you are in the world.

You will receive recordings of each session, and lifetime access to the training hub so that you can continue your learning and practice using these techniques to bring more harmony and joy into your family life.

- 4 x 2-hour in-person workshops in a small group format, held on Zoom
- Recordings of each session
- A PDF manual for each workshop
- Access to a private group where you can ask questions, connect with other participants and receive support in between sessions
- Life-Time access to the course, including future updates

WORKSHOP SCHEDULE

The workshop consists of four x 2-hour sessions including the following:

WEEK 1 - EFT Foundations. The EFT Basic Recipe

- How to use EFT tapping to balance difficult emotions, such as worry, anger, sadness, disappointment, shame and guilt as and when required, either in the moment or afterwards.
- Tapping techniques release the emotional charge and limiting thoughts created by past events so that they no longer affect your behaviour and beliefs.

WEEK 2 – Working on your own parenting issues

- We will explore what we feel bad about and what triggers us as parents and then use this information to find the root cause of events and resolve them.
- Identifying and transforming limiting beliefs

WEEK 3 -How To Work With Your Children

- Working with babies – simple gentle tapping
- Working with toddlers – tapping games, Teddy Tapping
- Working with children – working on what's present now and exploring feelings
- Working with teenagers – exploring events, beliefs and behaviour

WEEK 4 – Surrogate Work (when your child doesn't want you to work on them directly)

Our children's issues are often mirroring something about ourselves and our relationships as parents.

There are several ways that we can resolve our children's problems through working on ourselves with EFT

In this session, we will explore this in 2 ways:

- Working on the feelings and thoughts that our children's problems evoke in us
- Surrogate tapping is where we work on our children and their issues in our mind's eye. Including how to connect to their energy and check for permission. Plus a simple technique to energetically test results.



Nearly 1 in 10 children aged 5 to 16 are affected by a mental health problem



YOUR TRAINER

Sam Neffendorf is a META-Consciousness Coach and Trainer, EFT Trainer and Matrix Reimprinting Practitioner, he inspires people to stand up for themselves, reach new levels of health and realise their potential to have an amazing life.

Tapping and Energy Psychology techniques enabled him to escape from corporate life into doing something he loves and, most importantly to become a dad naturally (twice), after being told that this would be very difficult by his GP.

Sam first started using EFT with his son when he was just 3 weeks old, with incredible results.

With his daughter, it started even earlier, as he used tapping techniques to help her turn in the womb from a breach position at 36.5 weeks pregnant.

This was followed a few weeks later by a beautiful home birth.

He loves being a dad and has used tapping countless times with himself, his wife Star and their children, as a key part of resolving many situations.

He now spends most of the year living in a beautiful part of Spain with his family and hosts exciting retreats, as well as working online with people worldwide, both individually and in groups.

Sam believes that now is an amazing time to move beyond your physical, mental and emotional blocks so that you can create the life you want, make a difference in the world and play your part in building an amazing future. And, of course, the children that we raise are an essential part of that!



FAQ

Tuition cost of the EFT Tapping for Parents - Tapping for Kids

£197 Early Bird £147 (ENDS Monday 23rd January)

WHERE & WHEN IS IT

On Zoom

Feb 16th Thurs 7 pm GMT 2 pm EST

Feb 23rd Thurs 7 pm GMT 2 pm EST

March 2nd Thurs 7 pm GMT 2 pm EST

March 9th Thurs 7 pm GMT 2 pm EST

WHAT FORMAT IS IT?

This is the ONLY LIVE Workshop that we will be running and then it turns into a digital product. You access all the tutorials in the training hub. You can access the package straight from your computer or phone as we have our own teaching APP, all you need to do is log in.

WHAT IF I HAVE A QUESTION ABOUT THIS COURSE?

Email IAUSMHQ@gmail.com

FAQ

WHAT YOU PUT IN YOU GET OUT



FAQ

WHAT WILL I GET?

- 4 x 2-hour in-person workshops in a small group format, held on Zoom
- Recordings of each session
- A PDF manual for each workshop
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DISCLAIMER

Tapping can be very powerful. As I'm not there with you, you must take full responsibility for your physical, mental and emotional health. As with all practices, whether complementary or normal medical/psychological, results can never be guaranteed.

Nothing in this workshop replaces medical advice. Your primary caregiver is your GP or medical professional.

This workshop is recorded and can be used in future by Sam Neffendorf and Wigglebums. By taking part in the workshop, you agree with this disclaimer.