

TAP INTO A HAPPY CONNECTED LIFE

TAPPING FOR PARENTS TAPPING FOR KIDS

EFT PRACTITIONERS 1 & 2



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 beautiful journey of either expanding your business or setting one up from scratch.

Either way, we can support you in creating, launching, and upscaling your business to give you the freedom and flexibility you and your family deserve.

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 and courses.

Our EFT Practitioners Level 1 & 2 + Tapping for Parents - Tapping for Kids course is for anyone who wants to make a difference in a child or family's life and who wishes to add to their toolbox.

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

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



EFT LEVEL 1 & 2

ABOUT THE COURSE...

EFT (Emotional Freedom Technique) Tapping Certification Teacher Training is a fully comprehensive course taking you from beginner level through to Professional Practitioner. It is in-person training and is Accredited and certified by EFTMRA - EFT & Matrix Reimprinting Academy.

EFT is a range of simple yet powerful therapeutic processes that combine gentle acupressure tapping with cutting-edge psychological techniques.

They are extremely effective in enabling the quick and gentle release of long-standing emotional blocks, which can enable an individual to create significant changes in almost any area of life.

EFT has its roots in ancient Eastern healing practices which are at least 5000 years old, such as acupuncture, shiatsu and reflexology.

It also draws greatly from the work of many people and therapies that have led to our understanding of human psychology and especially emotions. It is a relatively new technique, having been created by Gary Craig in 1995. It is now used both as a self-help tool and to treat others by millions of people worldwide.

On its own, EFT is an incredibly potent treatment and amazing results can be and often are achieved. It can also be very effectively combined with other therapies and holistic practices, including counselling, psychotherapy, coaching, hypnosis, and mindfulness among others.



WHAT YOU GET

This course is run over 3 days -

All training days are live and in-person with Sam Neffendorf as well as access to our training hub for ongoing support.

- A combined 3-day workshop covering the basic mechanics of EFT, through to the beginnings of artistry with the techniques
- The course combines all aspects of the Level 1 (Introduction) and Level 2 (Practitioner) material
- Opportunities to work on your own 'stuff' during the course in group sessions, breakouts and demonstrations – it is really valuable and many people begin amazing life changes in this way
- A comprehensive and easy-to-follow manual
- Access to the training hub for additional video tutorials, and information
- Advice on becoming an EFT Practitioner, either as a new venture or within your current practice
- Following the course, you will be eligible to complete an online assessment and if successful will be certified by The EFTMRA as an EFT Practitioner. This will enable you to join a worldwide community of practitioners with many benefits - including finding swap partners to sharpen your new skills and work on your issues for free
- We offer ongoing support in our business group, group & 1-2-1 mentoring, CPD specialist/business development sessions online via Zoom, any of which you may choose to take up at an additional cost (free when investing in the all-inclusive package) and are not mandatory.

By the end of your training, you will have facilitated 6 practice case studies, one of which is a session recording, one is self-work and three client sessions. Including a log of 30 practice sessions with a minimum of 10 different clients. There are detailed manuals for you to refer back to as well as access to the Training Hub, our extensive online area that is full of tutorial videos, audio and extra resources that will support you throughout your training, the launch of your business and beyond.

THE BUSINESS BOOST

We offer more than just training in EFT Levels 1 and 2, we offer a tried and tested business model of two practitioners who have been in business, collectively for over 30 years.

You get everything you need to run your EFT sessions with clients, online or in the real world through weekly 1-2-1 sessions, workshops and retreats under your name and using your own brand.



Video tutorials include;

- Safe practice guidelines so you can feel assured and confident you are always safeguarding your students to the latest protocols and safety standards
- Mastering the program
- How to establish and run a successful EFT Coaching Business
- What venue, room or virtual space to use and why
- What materials you will need for each session or workshop
- Session plan template, Intake Forms and Handover notes
- How to create a safe space and facilitate a line of inquiry
- How to run a workshop/retreat
- Teaching from the Heart
- How to give good feedback
- Dealing with challenges and difficult people
- Our 12 Core Beliefs

This is the difference between surviving the first year of your business and thriving in the first year of your business.

Access our tried and tested methods of how to run a successful practice, a key area often overlooked when doing other training courses.

WHO IS EFT LEVEL 1 & 2 FOR?

This is for you if you are a therapist or holistic practitioner wanting to learn a new technique to guide your clients beyond limiting beliefs and emotional blocks.

Or you are someone looking for new skills to create a career supporting and empowering others.

Or you are curious and would like to learn one of the most effective and easily administered self-help processes available today, this course will be life-changing for you.

You can sign up to just our EFT Practitioners 1 and 2 if you have no intention of running a business and want to use it as a self-help tool. If however, you want to set up a business it can come with the Business Boost package which is designed to help you set up and launch a successful and lucrative business quickly and easily. If you want to do a deeper dive you can bolt on the full-inclusive Business Program that includes everything you need to set up and launch an EFT Practice out in the real world and/or online.

Both Sam and I navigated the Covid era and came out stronger than ever before. We were already working online and knew how to use it to our advantage to sustain our business. We share all this with you in our Biz Boost to save you time and money. You will also be invited to join our Biz group to get ongoing support long after you have launched.

- Yoga & Pilates Teachers
- Therapists
- Coaches
- Holistic practitioner
- Trainers
- Psychologists
- Mindfulness Coach
- Healthcare Professionals
- Doulas
- Parent
- Teacher
- You!

This template is designed as a ready-to-go training package for people who want to facilitate EFT with their clients, peers, students or family.



WHERE IS EFT LEVEL 1 & 2 HELD?

We believe to get the best out of your EFT Training we need to be in the same room as each other, so Sam is flying in from Spain to facilitate this EFT Practitioner course.

It is very rare to get both Sam and myself in one place out in the real world, facilitating teacher training. The level of personal development that will occur will be next level.

I am very excited to think just what we shall accomplish on both the personal and the collective.

Our training days are over the weekend of the 24th, 25th and 26th of November and will be in a suitable place in Bristol.

Deposit: £100 transferable (but non-refundable) deposit is required to book your place on this programme.



EFT TAPPING FOR PARENTS TAPPING FOR KIDS

ABOUT THE COURSE

EFT Tapping for Parents - Tapping for Kids is a Teacher Training exclusively for EFT practitioners Level 1 and 2.

At the end of your training, you will be able to deliver our Tapping for Parents - Tapping for Kids course for the families and children within your community either as 1-2-1's, workshops and retreats online or in the real world. You have complete White Label Rights to the content, which you can brand in the way you see fit.

This unique course helps children and parents process and balance challenging emotional states, such as stress, anxiety, anger, and overwhelm.

You will also be able to teach parents how to use EFT Tapping with their children of all ages from babies to teens.

You can mix and match this course to suit the needs of the families that come to your door by running 1-2-1s or weekly group sessions or pepper it in with our Mindset Matters classes.

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

- Reduce stress and anxiety
- Reduce peer aggression
- Increases academic learning
- Enhance creativity and cognitive awareness
- Grows empathy and self-esteem
- Body-Mind connection
- Increased focus and mental clarity
- Emotional regulation
- Grows confidence and self-belief
- Works through anxiety and transforms negative thoughts
- Improves happiness and brings about a sense of acceptance and peace

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

EFT TAPPING FOR PARENTS TAPPING FOR KIDS

ABOUT THE COURSE

It's a workshop for parents on how to use EFT Tapping for themselves and their children of all ages to process and balance challenging emotional states, such as stress, anxiety, anger and overwhelm.

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

- **Module 1** - What EFT is and how it works - How to use EFT tapping with children 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 to release the emotional charge and limiting thoughts created by past events, so that they no longer affect behaviour and beliefs.
- **Module 2** – Working on your own parenting issues - Identifying and transforming limiting beliefs. 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.
- **Module 3** – How To Work With Children of all ages from Babies to Teens -
 - 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
- **Module 4** – Surrogate Tapping (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 checking for permission. Plus a simple technique to energetically test results



WHAT YOU GET

This course goes live in the Spring of 2024 and can be accessed and started anytime as long as you are already an EFT Practitioner.

We kickstart your learning path with an Orientation Call with one of our Lead Tutors. Together we create a schedule that suits you and your commitments, but it usually takes around 12 weeks to complete.

As well as access to our training hub you will get bi-weekly 1-2-1's to help you complete the course and become part of our WhatsApp group for ongoing support. This training is highly experiential, as well as learning the processes you will also be clearing and releasing blocks within yourself and as a parent.

- Access to the Tapping for Parents -Tapping for Kids course
- A comprehensive and easy-to-follow manuals and video tutorials
- Manuals for your students that you can edit and brand
- Weekly class templates
- Intake Forms, Handover Notes and Email Templates
- Full access to the business program
- Your handheld to take your practice online doing 1-2-1's or group sessions with families and children
- Lifetime updates to the TPTK's course
- Support and ask the lead tutor anything
- Access to the private Facebook group and WhatsApp
- Lifetime Updates to Mindset Matters course
- White Label Rights: Use Your Brand

By the end of your training, you will have facilitated 30 practice case studies, with a minimum of 10 different clients, including children and parents. You will send us a recording, of a self-study session, a parent session and a child session. And sections of a full workshop. This training is completely flexible so you can come to it as and when it suits whilst being fully supported by us when you need it.

TPTK - INCLUSIVE BUSINESS PROGRAM

The first six months of any business are always tricky so our business package is designed to help you launch your business successfully or expand an existing business so it can thrive in this current climate.

- 3 x 1-2-1 Business Mentorship - Orientation Video Call - Direct support from one of the lead trainers
- Monthly group business strategy sessions with a senior member of the team to help you focus and grow your business to its full potential supporting you in making those trickier business decisions as and when they arise.
- Business Set-Up Guide - everything you need to know from tax-related HMRC information to how to pick a venue, create a successful online presence and online classes to social media and marketing hacks.
- Receive access to all the Business Program content including all manuals, email templates, intake forms, PDFs, Audio and video tutorials including;
- How to run a successful EFT Coaching Business
- Vital Marketing Magic
- The Essential Branding Toolkit
- Making Social Media Work For You
- Blogging 'n' Vlogging
- Pricing - Classes/workshops/retreats/1-2-1's
- How to create a membership platform or online course
- How to bring your weekly sessions online and reach people outside your geographical area
- Create a Prosperity Business Mindset
- How to nail the Life/Biz Balance
- The 3-year plan
- Discount on further training
- Discount on retreats



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

PLUS OUR DIGITAL COURSE CREATION PROGRAM

Access our online course creation program so you can start to build a profitable presence online and reach more people on a global scale.

- The Different Types of Online Courses & Membership Sites
- Why an Online Course?
- Who Is Going To Buy Your Course?
- How to Create, Sell, and Profit From an Online Course or Membership Site
- How To Structure Your Modules and Course Plan Template
- Filming & Tech For Your Online Course or Membership Site
- Pricing Your Online Course or Membership Site
- Launching Your Course
- Marketing Your Online Course
- Marketing Blueprint
- Instagram & Facebook Ads Made Easy

We even host an all-in-one platform called AusmMate (www.ausmmate.com) that supports all of your business needs such as website hosting, funnel creation, booking platform and calendars, email lists, newsletter templates, social media scheduling and so so much more at a discounted price for all of our trainees..

Just ask for more details.



ENTREPRENEUR

A crazy person who risks money for freedom rather than exchanging their freedom, for money

EFT TAPPING FOR PARENTS TAPPING FOR KIDS

POTENTIAL EARNINGS

- Tapping for Parents - Tapping for Kids workshop - £147 per parent/family
- 4 x 2 hr weekly session runs through half-term time in-person or online

Weekly 1-2-1's with parents

- 1 x 60 min session £95
- 1 x 90 min session £125
- 3 x 60 min session £255
- 6 x 60 min session £450

Weekly 1-2-1's with child

- 1 x 1-2-1 with parent + Intake Form
- 1 x 30 min session £50
- 1 x 45 min session £75

Mindset Matters + Tapping for Kids Workshop

- Run weekly Mindfulness and EFT classes during term time with 10 children per class at £150 per child (average £25 a session)
- 1 x 30 min session £50
- 1 x 45 min session £75

We teach you how to set up and run a profitable business using our tried and tested methods. This means you get to cut out years of trial and error, in working out how to run your business. You will be able to serve your clients immediately earning back your investment quickly and easily.

WHO IS TPTK'S FOR?

This is for you if you are already an EFT Practitioner Level 1 & 2 or are attending our EFT Level 1 & 2 Training.

You do not need to be a therapist or holistic practitioner you just need to be someone who wants to make a difference in the lives of the families in your community and wishes to set up an EFT practitioner business.

Or someone looking for new skills to add to an already established children's well-being business.

You may already have trained with WiggleBums and be a Mindset Matters teacher or a kid's yoga teacher.

Maybe you are just curious and would like to learn one of the most effective and easily administered self-help processes available today.

This course will be life-changing for you in whichever way you wish to use it.

There is a fantastic saving when you purchase the EFT Practitioners 1 & 2 and the 'Tapping for Parents - Tapping for Kids' course. Both training packages come complete with the White Label Rights for practitioners who want to infuse their business or personal life with Positive Psychology and EFT tools.



WHERE IS TPTK'S HELD?

Since the crisis, we had to put all of our trainings online and are delighted to find that it not only worked but in some situations worked BETTER than in-person training. The TPTK training is a fusion of in-person and self-led learning. You will have consistent 1-2-1s as well as group Zoom sessions.

Trainees can still bond and develop supportive relationships in our training hub, communities and WhatsApp group long after the training is completed and the business is launched.

PLUS there are no travel and accommodation costs; all you need is a private space and a laptop and you can join from the comfort of your own home. We are no longer confined to our geographical areas, so we get a lovely mix of trainees from right across the world.

Every cloud has a silver lining so we are now able to reach more people across the planet than ever before and enjoy teaching and learning in a super relaxed way. The only requirement is that you have already completed your EFT Level 1 & 2 either through us or someone else.

Deposit: £100 transferable (but non-refundable) deposit is required to book your place on this programme.





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!



YOUR TRAINER

Patricia Maddalena is an NLP Master, Trainer and Integration Therapist, and has studied Hypnotherapy, Regression Therapy, Timeline Reimprinting, Clean Language, Symbolic Modelling, Psychoactive Space technique and Soul Retrieval, to name but a few.

She was a NO1 Amazon Best Seller in the U.K. and the U.S.A. with her book *The Happiness Hacker* and is an international Transformational Coach with clients on a global scale.

She co-founded AusmMate a marketing platform and community where Coaches, Therapists, Yoga Teachers, and Spiritual Mentors join together to collaborate and learn how to grow their business online.

Patricia has been a Therapist for nearly 20 years and during that time she has helped many people heal from traumatic events in their childhood. This led her to believe that if we give our children and parents a new language and a new framework to live within, we could prevent the amount of adults needing help in the years to come.

She decided to create WiggleBums, a yoga and mindfulness teacher training to help share peaceful parenting skills and NLP tools and techniques to encourage a positive growth mindset within each child that comes to the mat.

This has grown into offering several full-power teacher trainings, that provide communities with a psychological, emotional and physical toolbox for life.

She now has over 100 teachers worldwide, whom she has helped navigate the tricky waters between employed and self-employed and launch their well-being businesses out into the world. She has given them the tools to help end generational trauma from being passed down through the family lines and considers this EFT training an important part of healing the psycho-spiritual traumas we all carry.



FAQ

Tuition cost of the ETF Practitioner Level 1 & 2 - £445

Tuition cost of the ETF Practitioner Level 1 & 2 + BIZ BOOST - £900

EARLY BIRD - ETF Practitioner Level 1 & 2 + BIZ BOOST - £675

ENDS SUNDAY OCT 8th 2023

WHEN: FRI 24TH, 25TH & 26TH OF NOV 2023

WHERE: BRISTOL T.B.C

WHAT FORMAT IS IT?

This is a LIVE in-person training with access to all video tutorials in the online training hub.

WHAT IF I HAVE A QUESTION ABOUT THIS COURSE?

Email: Trish.maddalena@wigglebums.uk

Email: Sam@eftnow.co.uk



FAQ

Tuition cost Tapping for Parents - Tapping for Kids - £900 - EARLY BIRD £675 - ENDS SUN OCT 8th 2023

Tuition cost Tapping for Parents - Tapping for Kids + Inclusive Biz Course + How to Work Online & Create Courses £1200 - EARLY BIRD £875 - ENDS SUN OCT 8th 2023

WHEN: SPRING - MARCH 2024 DATE T.B.C

WHAT FORMAT IS IT?

This is a LIVE in-person online training via Zoom, with access to all tutorials in the online training hub. You can access the package from anywhere in the world straight from your computer or phone.

WHAT IF I HAVE A QUESTION ABOUT THIS COURSE?

Email: Sam@eftnow.co.uk

Email: Trish.maddalena@wiggglebums.uk
