

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.



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# 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.



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# 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.

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# 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 our businesses through 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.



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# 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 trainings. 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 22nd, 23rd and 24th of March and will be in a suitable place in the Wye Valley area about 30 mins from Bristol.

It is important to note, that we are making the final preparations so if you wish to be part of this years training to book yourself in asap so we know numbers etc.



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# 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.



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# EFT PRACTITIONERS POTENTIAL EARNINGS

Weekly 1-2-1's with parents/adults

- 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. T

his 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.

You can then go on and train in our Tapping for Parents - Tapping for Kids Teacher Training.



# 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!

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# 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**

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

**ENDS SUNDAY 4th Feb 2024**

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**WHEN: FRI 22ND, 23RD & 24TH OF MARCH 2024**

**WHERE: WYE VALLEY T.B.C**

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### **WHAT FORMAT IS IT?**

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

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### **WHAT IF I HAVE A QUESTION ABOUT THIS COURSE?**

**Email: [Trish.maddalena@wigglebums.uk](mailto:Trish.maddalena@wigglebums.uk)**

**Email: [Sam@eftnow.co.uk](mailto:Sam@eftnow.co.uk)**

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