

TAP INTO A HAPPY CONNECTED LIFE

+ WORKING WITH FAMILIES AND  
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 will benefit from our approach.

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 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, 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, and online and is Accredited & Certified by IMCA - International Meta Consciousness 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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# EFT TAPPING FOR PARENTS TAPPING FOR KIDS

## ABOUT THE COURSE

EFT Tapping for Parents Program is a course that you will be able to run for the families in your community. It will help children and parents 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)

You can mix and match this course to suit the needs of the families that come to your door.

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!

"EFT is a simple, powerful process that can profoundly influence gene activity, health and behaviour"

Dr Bruce Lipton



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# WHAT YOU GET

This course is run over 4 days -

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

- A combined 4-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
- Tapping for Parents - Tapping for Kids course and the workshop scripts to run this in your own community
- Opportunities to work on your own 'stuff' during the course in group sessions, breakouts and demonstrations - this 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, mentoring, CPD and specialist/business development sessions and group workshops online via Zoom any of which you may choose to take up at an additional cost 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 one a child session. 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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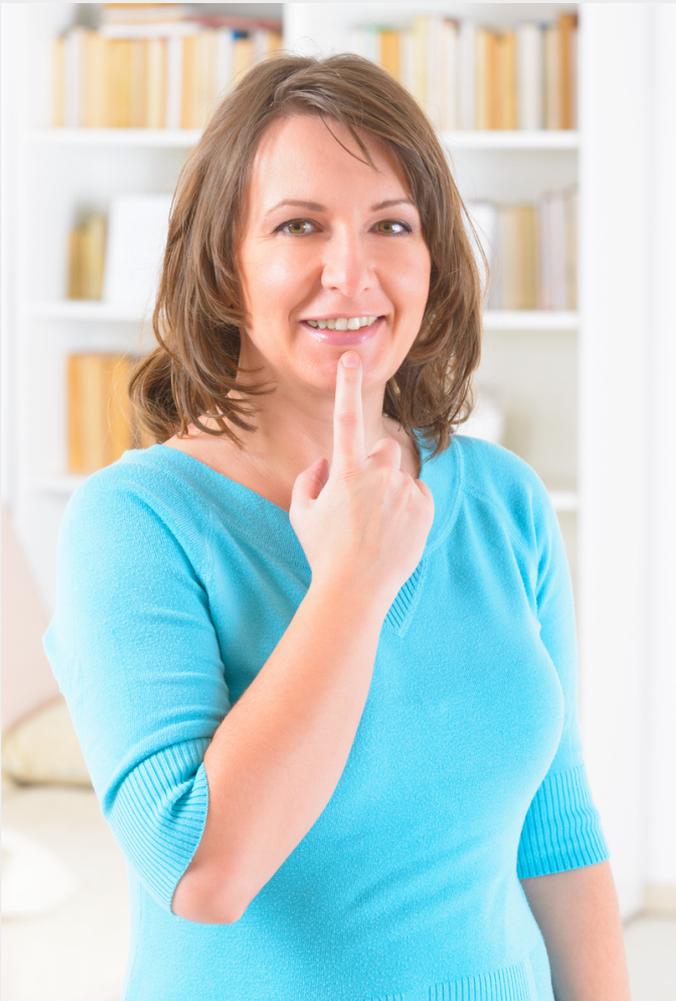
# TRAIN THE TRAINER

PLUS learn effective facilitation practices with the complete 'Train the Trainer course'

**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 guide meditations
- 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



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

And of course, you are more than welcome to use the WiggleBums brand too and feel the warmth and security that brings.

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

We are adding in our Tapping for Parents - Tapping for Kids course so you can see a real-time application for this process and how it can be a benefit for the families and children in your community.

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

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# THE BUSINESS PROGRAM

The first six months of any business are always tricky and 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.

- Right to use WiggleBums Brand
- The White Label Rights to use our content
- 3 x 1-2-1 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 Bootcamp content including all manuals, email templates, 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 nail the Life/Biz Balance
- 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
- 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

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## + ONLINE 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 that supports all of your business needs such as website hosting, funnel creation, booking platform, email lists, newsletter templates, social media scheduling and so so much more at a really competitive price..

Just ask for more details.

### ENTREPRENEUR

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

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# WHO IS IT 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 someone looking for new skills to create a career supporting and empowering others, or 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.

Our EFT Practitioners 1 & 2 comes with the 'Tapping for Parents - Tapping for Kids' course, and is a complete training package for practitioners who want to infuse their business or personal life with Positive Psychology and EFT tools for life.

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

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

However, the information in the package can be adapted for the self, individuals, online groups, as well as children and young people.



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# WHERE IS IT HELD?

Since the crisis, we had to put all of our trainings online and are delighted to find that it not only worked but worked BETTER than in-person training. We can still interact fully, including small practice breakout groups using the breakout rooms in Zoom.

Trainees can still bond and develop supportive relationships, in our training hub and WhatsApp group long after the training is completed and the business's 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 an ubber relaxed way.





# 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 ETF Level 1 & 2 + Tapping for Parents - Tapping for Kids** - £1200 now £900 - EARLY BIRD £675 - ENDS SOON

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**Business Program** - £600 now £300

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## WHERE & WHEN IS IT

On Zoom  
Autumn Dates To Be Confirmed

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## WHAT FORMAT IS IT?

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

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

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

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# FAQ

## WHAT YOU PUT IN YOU GET OUT



## FAQ

### WHAT WILL I GET?

- 118 hrs of in-person training 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 to other participants and receive support in between sessions
- Life-Time access to the training hub + all course materials, including future updates

### 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.