

Workshop: Learn How You Can Tap on Meridian Points for Stress Reduction

- Release emotional stress
- Reduce anxiety
- Improve immune function
- Release fear
- Reduce physical tension
- Increase confidence



EFT Tapping Foundation Course

“...the live demos were eye-opening, I was surprised to experience shifts in real time.”

<https://evelynlim.com/events/eft-training-singapore>

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What is EFT Tapping

EFT tapping, or Emotional Freedom Technique, is a mind-body technique where you tap specific meridian endpoints on your face and body while focusing on a negative emotion or issue you want to address.

It is a great stress-reduction tool that has wide applications.

Simple to learn and yet, produces powerful results!



Studies on EFT Tapping

So far, there are already more than 100 clinical studies about EFT tapping being moderately to largely effective in managing a variety of conditions, including anxiety, phobias, depression, PTSD, insomnia, pain and athletic performance.



What Can EFT Tapping Be Used For

- Let go of anxiety and regulate nervous system
- Release negative emotions eg. anger, frustration, hurt, shame, etc.
- Let go of depression
- Improve self-esteem
- Overcome imposter syndrome
- Improve mental clarity and focus
- Release limiting beliefs eg. “not good enough”, “I am not deserving”, etc.
- Boost performance
- Improve immune function
- Reduce physical pain eg. headaches
- Reduce cravings
- Let go of past trauma
- And more!

EFT Tapping

Level 1 Foundation Course

- Learn a self-help tool for releasing anxiety and stress by simply tapping on meridian points.
- Find out how you can regulate the nervous system, rewire the brain and manage your emotions.
- Learn the neuroscience behind EFT tapping.
- Find out how you can apply EFT gently for letting go of the past.

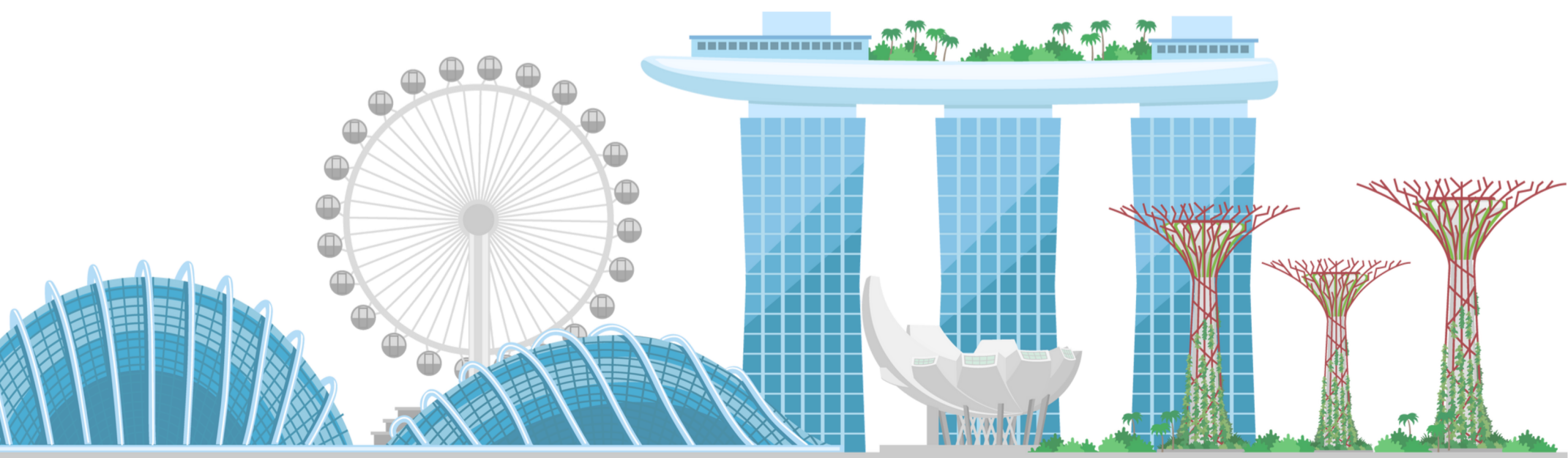


EFT Tapping

Who Should Attend

This training is perfect for

- anyone interested to manage stress in a way that is proven, drug-free and that produces long-lasting results,
- coaches,
- therapists,
- counsellors,
- holistic practitioners,
- anyone who would like to add additional research-backed and proven tools into their wellness toolkit.



Testimonials for Evelyn



“Practical and useful workshop. Evelyn is patient and provides a safe and warm environment for all participants. A useful introduction to EFT.” YinMee Cheah

“Useful technique to learn.” Mandy Lee

“I came to the workshop feeling rather skeptical but surprisingly, I experienced shifts. I also realised the importance of being to address our own emotions. It's important to use tapping regularly to manage our own emotions.” anonymous

Testimonials for Evelyn



“Attending the live EFT Foundation Class made a huge difference to my learning experience. I learned how to apply tapping in a therapeutic setting. The live tapping demos were insightful. Highly recommended to attend this class.”

Luke Lim

“I found the tapping technique to be calm and grounding.” anonymous

EFT Tapping

Who is the Trainer

Evelyn Lim is passionate about helping others build emotional resilience, so that they can achieve their life goals more easily. She has been practising EFT both for personal and professional purposes for 10 years. Other than being a trainer, Evelyn is also a Certified ICF Coach, mother to two lovely girls and she resides in Singapore.



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EFT Tapping

Registration Info

Tap into Well-being
Start Creating Transformation with EFT!

12 hours of Live Training

- *Tapping Demos*
- *Interactive Practice Sessions*
- *Trauma-informed framework*
- *Curriculum that will lead to*



*certification & accreditation with EFT
International (largest professional organisation
for EFT)*

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