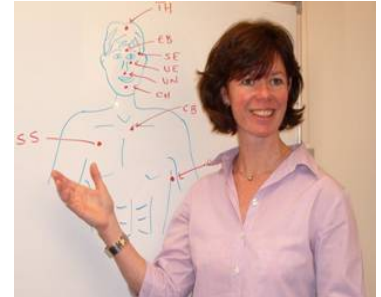




Reduce your Stress Levels with Emotional Freedom Techniques

Join EFT* specialist, Caroline Crosbie, to learn the revolutionary “tapping” technique that targets and neutralises unresolved emotional issues and the potential blocks to achieving success in *all* areas of your life. Discover how you can stress less on your journey to success using this easy to learn and simple to apply, meridian-based acupressure technique.



Saturday December 5th, 2009
9.00am – 12.30pm

(Limited to 8 participants only)

In this workshop you will:

- ✦ **Better understand what stress is and how it affects your health**
- ✦ **Discover what EFT is and why it is so effective**
- ✦ **Become skilled in the basics of EFT**
- ✦ **Learn how to effectively dissolve stress with EFT**

About EFT:

Emotional Freedom Techniques (EFT) is a simple and gentle meridian acupressure technique fast becoming recognised worldwide for its powerful healing abilities. Carried out using a simple and painless (no needles!) tapping procedure that gently realigns the body's subtle energies, it addresses issues that negatively impact on our physical, emotional and psychological wellbeing. An easy to learn tool that is ideal for self-help, it can be used to work on a variety of emotional, health and performance issues. It has been reported successful in thousands of cases to date and often works where nothing else will.

About your Presenter:

Caroline is the Director of Coaching at People Rich, a WA owned coaching, consultancy and training company, helping people and organisations grow. She is a skilled and experienced EFT practitioner and presenter and has a background in clinical psychology, teaching and counselling. She specialises in Peak Performance coaching and has been successfully using energy therapy techniques with her clients for a number of years.

Workshop Registration Form

Date: Saturday 5th December 2009

Time: 9.00am – 12.30pm

Cost: \$195.00 *

Venue: Unit 7 628-630 Newcastle St, Leederville WA 6007

**Bring a friend and share a \$30 discount off the advertised price.*

Methods of payment (tick one): 1.Credit card 2.Direct Debit 3.Cheque

1. Card Type Visa MasterCard

Name on Card: _____

Card Number:

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Expiry Date:

Digits on Rear of Card (usually 3 digits)

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2. Direct Credit into Bank West:

BSB: 306 – 104

Account Number: 0839502

Account Name: C Crosbie de Martinez

Please attach receipt of funds transfer with application

3. Cheque for \$ _____ enclosed

Please make cheques payable to: Caroline Crosbie de Martinez

Your Details:

Name: _____

Address: _____

Phone: _____ Email: _____

I am bringing a friend Name of friend: _____

For further information or to register, call Caroline on 0416 154 259, email caroline@peoplerich.com, fax (08) 92282111, post to PO Box 39 Northlands WA 6905

Registrations must be received by 27th November 2009