

## **Harness the Power of EFT Dual Certification Program**

***Transformational Coach certification with a specialty in Emotional Freedom Techniques***

**Certified Emotional Success Coach (NeftTI)**

**Certified EFT Practitioner (NeftTI)**

**Accredited EFT Practitioner (EFT International)**

October 2019 – July 2020

September 15, 2019

### **INFORMATION LETTER**

I'm so pleased that you are considering engaging in the Harness program for this coming year! I am very excited for the personal healing and professional growth that will be happening for you – and the increased Emotional Success for everyone involved, your loved ones, your clients, your colleagues and myself included. I encourage you to give this program your full consideration – you'll know if your heart resonates with this possibility ... even though it might also be true that your head is firing objection after objection at you. If you're experiencing a powerful combination of YES! and OH NO!, I encourage you to follow your desire, say yes, and then let me help you with the fear. There has not been a single person in the history of this program who reports having any regret about engaging in the program. Quite the opposite – on the final evaluation there is 100% agreement with the statement "I am glad that I joined the Harness program this year". Throughout this letter I'll share some actual comments written by graduates.

I will be committed to supporting you and pushing you and requiring the very best of you. I hope that you will do the same for me! This is a very small group of selected individuals and the good news and the bad news of that is that it will be very difficult for anyone to hide for any length of time. 'Being seen' for who we truly are is something that we all long for – and something that most often scares us deeply as well. We'll be learning how to be with both the

fear and the comfort of that – so that we can also help others learn to be with theirs! This program is about learning how to make our own internal shifts toward happiness and to surrender the belief that anything external to us will create authentic success. Learning how to do this allows us to become energetic/emotional role models for our clients and to gracefully facilitate their journey toward emotional success.

Just a word about integration. Every person in the program is bringing their own set of previously learned modalities and skills. One of the goals of the program is to facilitate the integration of EFT and transformational coaching into what they already know and love – to expand and grow ... no ‘throwing out of the baby with the bathwater allowed’!

The goal of the Harness program is not just certification. The goal is that you are a highly confident and fully competent practitioner with the ability to integrate profound EFT/Energy Psychology skills with a research based transformational therapeutic/coaching framework that leads to significant and sustainable change for yourself and for your clients.

The name of your coaching certification is ‘Emotional Success Coach’. This name signifies that what you do is facilitate the result that every single one of your clients is looking for – greater emotional success - greater peace, happiness, joy and fulfillment. Whether you and your clients have blocks to emotional success showing up as symptoms of physical distress, relationship distress, financial distress, career distress or spiritual distress, you will have the EFT and coaching skillset and mindset to facilitate transformation toward greater emotional success.

People are desperate for coaches/therapists who can do this. Coaches/therapists who are doing their own personal healing and growth work so that they can be fully present, listening with compassionate detachment, seeing the authentic truth of every client, and gently helping them to take step after step toward experiencing the life they uniquely desire.

The Harness program is a phenomenal foundation for continuing growth and development even after the 10-month program finishes. It provides a framework of transformational human development that you will be able to build on for the rest of your career.

#### ***PREREQUISITE for the HARNESS PROGRAM:***

Candidates must have successfully completed DISCOVER the POWER of Conscious EFT (Levels 1/2 EFT International). Participants in the Fall 2019 Toronto and Edmonton DISCOVER offerings are eligible.

#### ***COMPONENTS of the PROGRAM:***

- 1. HARNESS VIRTUAL MASTERMIND DATES:** Masterminds give us a longer period of time to do a deep dive into the content and process. The Masterminds are a powerful part of the Harness program. Being part of a conscious community who are committed to using a powerful energy modality like EFT is truly transformative. Seeing the transformation happen for your colleagues as well as yourself helps you understand the power of what you have at your fingertips.

NB: This year marks a change for masterminds within the program. Previously there were 3 weekend masterminds spread throughout the year. While it was fabulous to be in-person with the group – the downside was that I think we lost a sense of continuity and momentum between masterminds. Also due to the geographical diversity of participants, in order to make the program as cost friendly as possible, I've decided to retain the year end in-person mastermind and to include virtual (video) masterminds more regularly throughout the program.

Masterminds are an essential part of the Harness program and should be considered mandatory.

Nov. 16/19. Virtual Mastermind. (approx.. 10am – 1pm eastern)

Dec. 7/19 Virtual Mastermind

Jan. 11/20 Virtual Mastermind

Feb. 22/20 Virtual Mastermind

Mar. 28/20 Virtual Mastermind

April 18/20 Virtual Mastermind

May 23/20 Virtual Mastermind

June 20/20 Virtual Mastermind

July 18/19 2020 In Person Mastermind. Markham ON.

## **2. RE-DISCOVER 'DISCOVER the POWER of EFT'**

During the course of your HARNESS program, you are also strongly encouraged to re-attend DISCOVER the POWER trainings. Although these are not mandatory for certification purposes, I can tell you that there is a significant difference for Harnessers who attend a 're-DISCOVER'. It is such a different experience each time you come to DISCOVER! You are able to attend these

DISCOVER trainings tuition – free, a bonus of your investment in Harness, while you are enrolled in the Harness program.

### **Discover the Power 3 day EFT/tapping Live Intensive Trainings**

Oct. 18, 19, 20 2019. (Markham, confirmed)

Nov. 1,2,3 2019 (Edmonton, confirmed)

Future offerings are not yet determined as NeftTI's two apprentice trainers will need to have their trainings observed in 2020. At this point, these are expected to be in Edmonton and Vancouver and possibly Toronto.

### **3. TELECALL MEETING TIME:**

Our telecall meeting time is Tuesdays from 7:00 – 8:15ish. Every effort should be made to be on the live calls. Telecalls will be recorded.

Telecalls will be used for various purposes; content, group mentoring, connection, sharing of program information, personal issues, etc.

Telecall Dates:

Oct. 15, 29

Nov. 12, 26

Dec 10

Jan 7, 21

Feb. 4, 18

Mar. 3, 31

Apr. 14, 28

May 12, 26

June 9, 23

July 7

### **4. FACEBOOK GROUPS**

The Harness facebook group is private and limited to just our group – I know you'll find it a very powerful place to connect and ask questions and share successes and challenges and ask for support. I monitor this facebook group on a very regular basis; daily other than vacations, trainings and retreats. This group is your main place to stay connected!

Also, you'll be invited into the NeftTI Community facebook group. This group is for everyone who has taken training with NeftTI at the DISCOVER level or beyond. Here I post more detailed information about what is happening in the EFT/Energy Psychology world and you'll also be inspired by what others are expressing into the world.

## **5. PERSONAL GROWTH PRIVATE SESSIONS**

As well as ongoing tapping buddy practitioner sessions, this program includes 4 private 1-1 sessions with an Advanced EFT Practitioner trained and certified by Nancy. These private sessions are totally confidential between you and the practitioner. They generally take place in the later months of the program.

## **6. PROFESSIONAL GROWTH PRIVATE MENTORING SESSIONS**

As well as continuous group mentoring, this program includes 4 private 1-1 professional mentoring sessions with Nancy at a time in the program when you have mastered all the foundations and are really to dive deeply into your work with clients.

## **7. TEMPLATES, SAMPLE PROFESSIONAL DOCUMENTS, GOOGLE DRIVE**

Harness will provide you with all the foundations you need to practice in an ethical, legal and safe manner. The program provides templates for the professional documents you need and clear direction on when and how to use them.

These documents will be uploaded to a shared google drive. You and I will also create a shared google drive for you to upload your client session notes.

### ***A WORD ABOUT GRADUATION RATES:***

The Harness program has a 100% graduation rate for participants successfully meeting the criteria for certification as an Emotional Success Coach, Nationally certified EFT Practitioner and Internationally accredited EFT Practitioner. Well okay, maybe 98%. Over the 9 years the program has been running, only two people have not graduated and both were because of severe and unforeseeable life events.

This level of success is highly unusual in this field. I believe it's due to a number of factors:

1. Having a small group of Harness colleagues to train with is invaluable. You'll have people to tap with, to connect with, to lean on and to support. Borrowing benefits strongly contributes to the success of the entire group.
2. Your Harness program is held within the broader Neftti community. There are well over 100 certified Neftti practitioners, available to you to tap with, to connect with, and to lean on. The community comes together on a regular basis to share our learnings and to motivate and inspire each other. This is also invaluable to have role models ahead of you on the path.
3. The Harness program is highly structured. It is divided into 2-month segments, you'll know exactly what you need to be doing every step of the way. When you follow the steps – they lead directly to certification. You and I will also know very quickly if you aren't following the steps and we will jump in and course correct.
4. The Harness program was conceived by and is led by me. You work directly with me. The number of people is held very low in order that you get this personal attention. I care very much about the quality and ethics of the work you do, and I care very much about who you are as a person doing this work. It is unique to have this much direct access to your mentor at this level of financial investment. This program is a legacy of love for me. I am moved by the ripple effects of the work we will do together. I believe with all of my heart that together we make a huge difference in our capacity to give and receive love, and in the world's capacity to create peace.

### **What current graduates say about their personal transformation:**

*"Although I didn't know it at the time, now I realize I was completely frozen when I started the program and slowly I transformed into a different person. One that is more confident, listens rather than talks all the time, and has stopped giving advice to anyone. I am living life in a completely different way - a much better and more satisfying way."*

*"I am now consistently aware of my brain, body, emotional needs and adjust my schedule and activities accordingly. I no longer let a bad moment turn into a bad day, or week! Compassion for myself and others has replaced guilt, shame and fear."*

*"I am a transformed individual because of this program." "This program has expanded my world." "My experience of life is very different as a result of this program."*

*"EFT has given me profound results and cleared my energy more quickly and more efficiently than any other modality I've learned. It has become part of my daily practice and I can't imagine being without it."*

*"Each and every day I am transforming fear into emotional freedom. I work to release it so that I am clearer for my clients. We are only able to take our clients as far as we ourselves have come."*

*"I'm grateful for this program and it's personal work. I'm able to feel joy and peace again!"*

## **What current graduates say about their professional transformation:**

*"I learnt so much from the mentoring sessions and loved having the recording so I could go back to it again and again."*

*"Now I feel ready to guide my clients to help them achieve the transformation they are looking for."*

*"I've definitely become a role model for my clients as I create a harmonious, healing, balanced, expressive life for myself."*

*"I looked forward to my mentoring sessions with Nancy. I have learned so much from her knowledge and understanding of energy. The mentoring sessions were probably my favourite part of the program."*

*"The client session notes we were required to submit have been extremely useful. They help to organize each client and their individual requirements/ goals/ history in a detailed fashion. I have continued to do these notes even without required submission as they are extremely valuable."*

*"I have witnessed clients make tremendous changes in their life and have seen them achieve the goals that they initially thought were impossible. This provides such amazing fulfillment, as my life purpose is to help people transform and create the life they want to live. I am 100 percent confident in my ability to help people."*

*"My clients have told me they are looking to achieve the results in their life that they see in my own! This journey provided results that I have never experienced. A yoga teacher for almost 10 years, I had seen students consistently come to yoga, but they still appeared 'stuck'. Now, as a transformational coach specializing in EFT, I am blessed to provide them a way in which they can move their energy and experience changes they never before thought possible. I love integrating yoga and EFT! Thank you Nancy."*

## And a couple of words said by current grads about Nancy:

*"You will never know what a profound influence you have had on my life. I have deep, deep respect for you as a woman, mother, human being and teacher – and of course, as a practitioner extraordinaire, and my mentor. "*

*"You da' bomb Nancy. Thanks for seeing through my shit. You're so good at that! And I know I can be really sneaky!"*

## FINANCIAL INFORMATION

As I've indicated, this is a unique program not available elsewhere in the world. The integration of cutting-edge Energy Psychology modalities, evidence-based coaching strategies and a profound emphasis on personal growth create a program which is truly based on the fundamental principle that 'who we are' is our most important asset in being of service to others. This opportunity is priceless – however practically speaking my best guess at the true value of the personal and professional transformation would be somewhere around \$25,000.

I'm grateful that I can offer this program to selected individuals for \$6000. Plus 13% HST. Total = \$6780.00

And ...there is an 'early bird' tuition discount of 500 for enrollment with October's payment prior to Oct. 1/19 at 5pm eastern! Total under early bird is \$5500 plus 13% HST = \$6215.00

Seats will be allocated on a first come first served basis until the program is full.

Balance can be paid at any time before or during the program or can be paid in 10 equal monthly installments from Oct. 1/2019 to July 1/2020. Monthly payment = 621.50.

Payments by etransfer, credit card or post dated cheques.

## Costs to Budget for (over and above the Harness program costs)

- ✓ Professional Liability Insurance (unless you already have it) about \$250 annually, required before you start charging fees for service.
- ✓ Manuals and texts – maybe \$100 to \$150.
- ✓ EFTInternational online exam fee - about \$20, required around end of Oct 2019. (okay, start tapping on any 'exam anxiety' – you will be well prepared for this exam.)
- ✓ EFTInternational registration fees after graduation from the program. Somewhere around \$60/year.



Our Harness program follows the curriculum of EFT International , whose trainings have been fully accredited by international training organizations.

The Harness program is one of the very few in the world which adheres strictly to the Gold Standard EFT as created and taught by founder Gary Craig. It then goes on to embed this GOLD STANDARD EFT within a framework of research based human change model which incorporates the latest in trauma understandings. It is the only program which does this.

This is important since all the scientific research and validation has been based on the use of Gold Standard EFT. It is quite common for helping practitioners to 'branch off' from gold standard EFT and create an individual system, which seems to work well for them. Important to note that their system would need to be independently tested and validated as to its efficacy, something which is expensive and rarely done. Today, the research on EFT is solid, substantive and points strongly to the efficacy of the technique for physiological, psychological and performance issues. There are easy to explain mechanism of why it works.

Well, that's it for the moment. Thanks for reading this far! I hope you're interested and enthused. Our next step is to have a conversation together to ensure that your participation in Harness this year is a fit for both of us. At the end of the conversation we'll decide together what next steps are. We need two YES's to move forward, one from me and one from you!

Please email me at [Nancy.Forrester@NeftTi.com](mailto:Nancy.Forrester@NeftTi.com) to tell me of your interest in the program. We'll arrange a time to have a video/phone chat to discuss the program and your goals more fully.

Much love and respect,

Nancy

### **Some final quotes from current graduates:**

*"I have undergone a huge personal and professional transformation. My experience of life is completely different after this program. Prior to starting Harness, I had what I thought was a decent appreciation of "everything being energy." I was previously wide open to energy work and healing, but didn't fully appreciate or understand how it was possible for our emotional issues to show up as energetic blockages that could be shifted, and permanently. Understanding this as I do now has been the most transformative experience imaginable. Now I see EFT and energy psychology as a new frontier, with possibilities that shake the foundation of what we believe is "real."*

*"I have a huge (and new) appreciation for why so many of us push against what is, in an effort to change our circumstances, and how acceptance of what is ... is the essential first step in changing anything and everything! I had heard the expression "what you resist persists," but acceptance is very different than resistance. What a blessing it is to know this. I feel such a sense of responsibility to share this good news - and my new knowledge and skills with those that are ready to change their lives."*

*"Life changing stuff, Nancy. (I've got shivers from head-to-toe as I write this.) Speaking of shivers, I may have mentioned this, but now I can simply breathe deeply, and feel my energy move all throughout my body. How cool is THAT?! I used to experience this sensation only when I was listening to music that truly moved me. Now I can summon it on demand!"*

*"Now I know that I am a f'ing powerful creator and I have a kick-ass future!"*

*"Nancy, this program has been the "ride of a lifetime" and I am forever grateful that I found it – and you!"*

*"I have expressed my gratitude and deep feelings of respect and love for you as a human being and professional – but I'll repeat them in another way: 'You ROCK, and this world is a better place, because you're in it, and doing what you do best.'"*