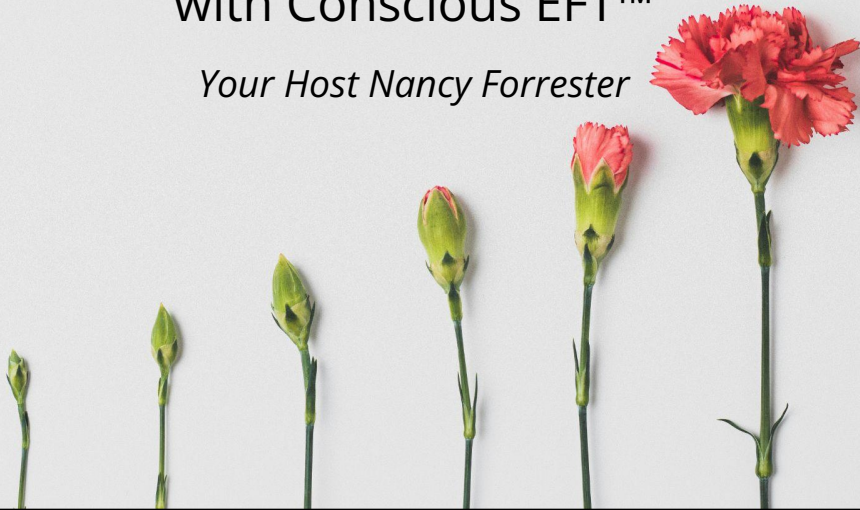


Creating Deep Client Transformation with Conscious EFT™

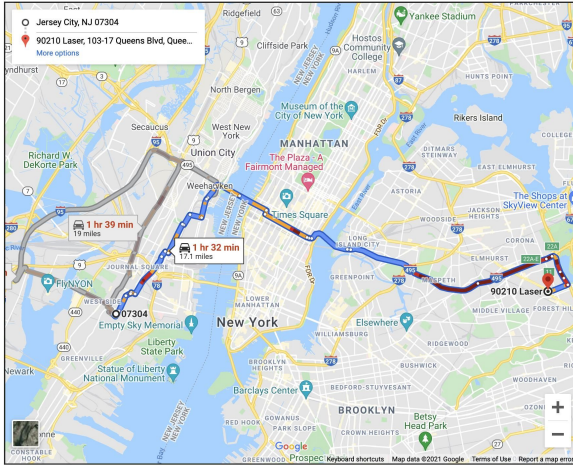
Your Host Nancy Forrester



The Masterclass Plan

- What is Conscious EFT?
- Ang and Nancy Session Part 1
- An Introduction to the DISCOVER program
- Ang and Nancy Session Part 2
- Q & A

Conscious EFT: A Map and a Vehicle for Transformation



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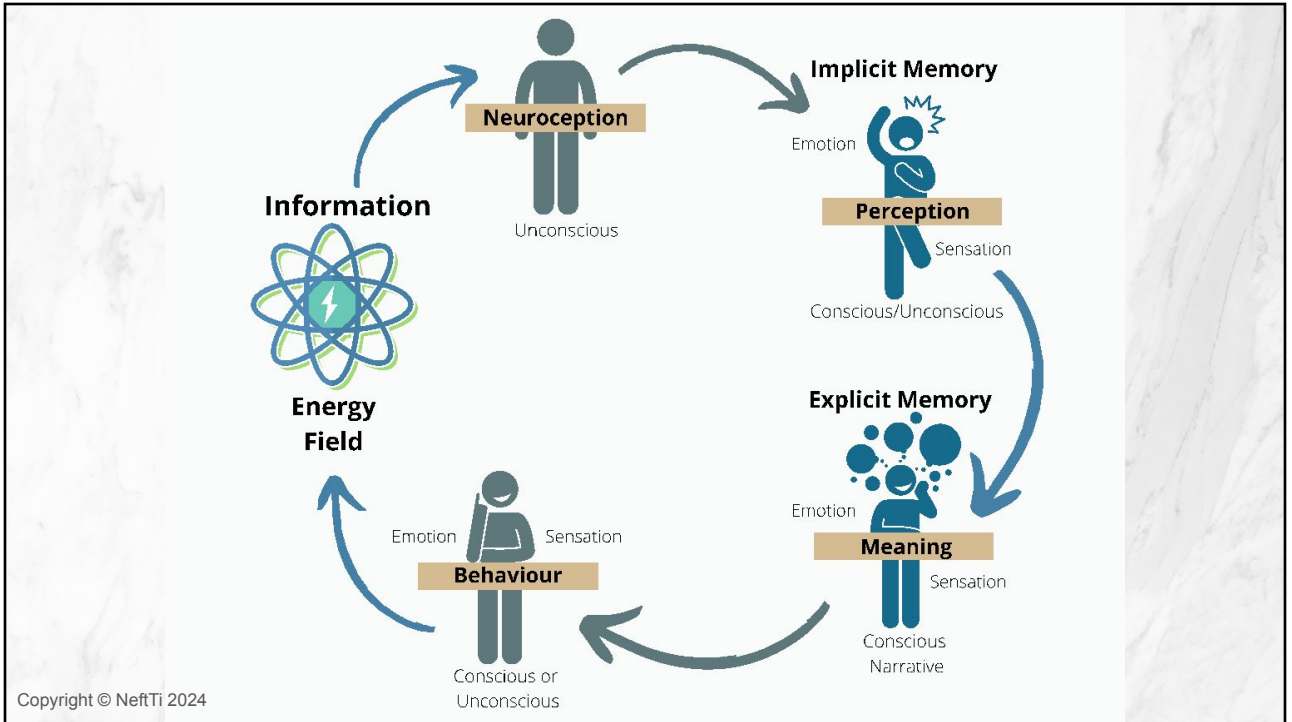
“Humans are *energetic, biologically active, holistic systems.*

As such, their past energetic experiences *shape* the structure and functioning of their biology

Which, in turn, shapes their current experiences,

Which shapes the structure and

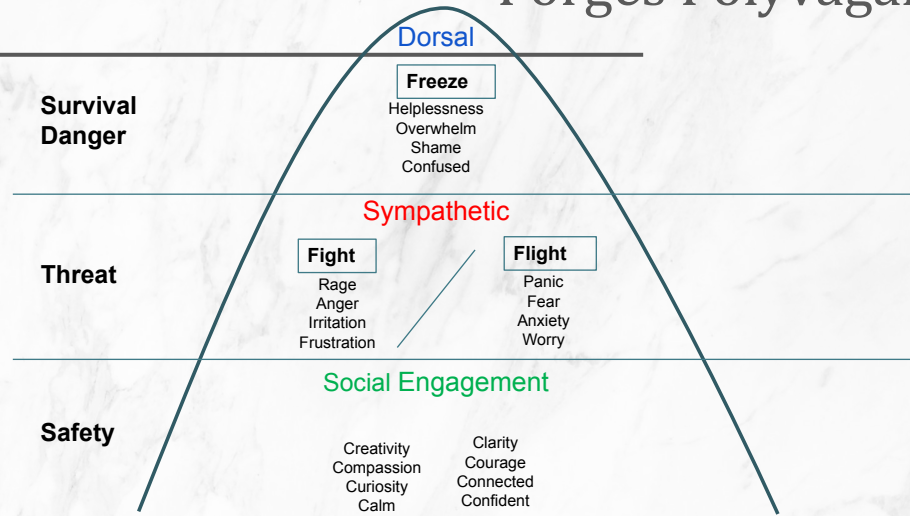
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To the extent that past energetic experiences have threatened survival without biological release ...

The system creates fixed neural patterns of reactivity (thought, emotion, sensation, imagery, behaviour) that reinforce the prediction of threat & danger.

Porges Polyvagal Theory



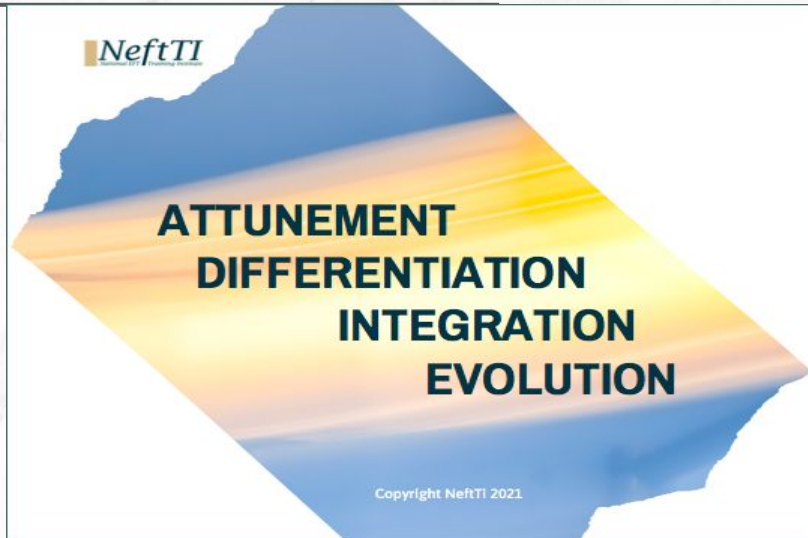
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Implications for Transformational Coaching and Therapy

- Knowing your client's current capacity is vital.
- Stress management is not Transformation
- The energy of the past is present in today's events
- Practitioners must treat energetic safety as a first priority

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The Conscious EFT Transformational Intentions



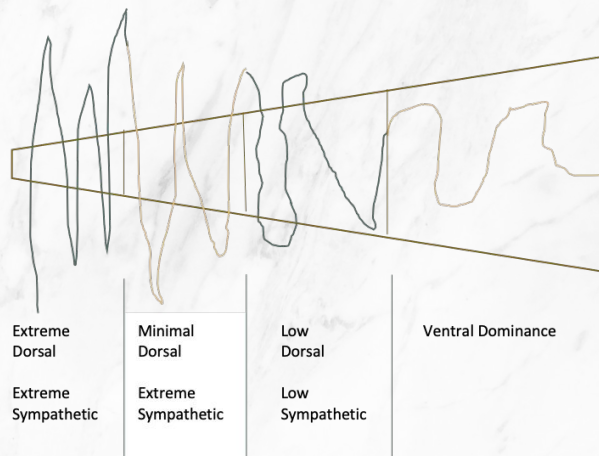
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Client Capacity Continuum


Dorsal
(Freeze)

Ventral
(8 C's)

Sympathetic
(Fight/Freeze)



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“Conscious EFT is a process of facilitating the nervous system’s expansion beyond the pull of its current trauma load - into new growth, creativity and aliveness without the pain and retraumatization of traditional trauma resolution approaches.”

N Forrester, Executive Director, NeftTi

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Setting Up Ang

- Process behind a demonstration session
- I don’t know this person before the session
- There is no ‘right way’ to do a session
- ‘Pobody is Nerfect!’

DISCOVER

the POWER Winter 2024



**DISCOVER the Power - Winter
2024 Cohort (10-16 people)**

**Self Study Pre-Training
Program**

Comprehensive 6 Module Course

Live 3-Day Virtual Retreat

Feb 22, 23 & 24, 2024

NeftTi.com/dtp

Candace M Fox, Neurodivergent Coach for Youth/Adults

“It is not hyperbole to say DISCOVER was the launch pad to my own personal growth and evolution into a new fulfilling career that I still have to pinch myself to believe is real.”



DISCOVER the POWER

- Feel inspired and confident to integrate Conscious EFT in your life and client work
- Have a personal experience during the high-touch training
- Receive a Certificate of Completion, Conscious EFT
- Be inspired by new possibilities for creating change in our world
- Practice new skills with instant supportive feedback
- Elevate your capacity to facilitate sustainable transformation

NeftTi.com/DTP

Instant Access to

Conscious EFT Pre-Training & Workbook

- **Module 1:** The Conscious EFT Framework and the History and Research Supporting EFT
- **Module 2:** Stabilizing a Client's Nervous System with Bronze EFT/tapping
- **Module 3:** Stabilizing a Client's Nervous System with Silver EFT/tapping
- **Module 4:** The Mindset and Principles of Conscious EFT
- **Module 5:** Safety Safety Safety: The Bronze Plus technique
- **Module 6:** Starting to Release Stuck Energy: Deepening the Process

3-Day Live Virtual Retreat

Feb 22, 23 & 24, 2024

Day 1:

Assessing the State of the Client Nervous System and Choosing Interventions to Support Safety and Stability

Day 2:

Choosing Interventions to Release Stuck Energies

Day 3:

Choosing Interventions to Direct Released Energy toward Creation

Bonus

Live Integration & Coaching Post-Event Support

3 Group Coaching Calls
to ensure you **learn, retain and put your new skills to work right away**

Full program: \$1000 CAN (approx 750 US)

Faye, Registered Psychotherapist

“So great! I loved how you normalized and celebrated making mistakes and taking in the support of the mentors. That helped my nervous system relax so I could take in the learning more deeply. I really appreciated that the experiential learning was steeped in safety and how the teaching was scaffolded so that by day 3 I was miraculously able to apply the Conscious EFT model! I left feeling energized, inspired and excited.”