

Calm Your Farm

Would you like to learn how to manage your own stress? Emotional Freedom Techniques (EFT/ Tapping) is that tool! Learn from EFT International Accredited Practitioners. EFT is effective, painless, scientifically proven and medication free. With lots of practice time, you feel confident to use this tool at home.

This workshop is for 18+

What we cover in Calm Your Farm:

1. What is Emotional Freedom Techniques?
2. How does it work?
3. What can it be used for?
4. What is the scientific evidence behind it?
5. Learn the basic EFT recipe.
6. Learn how to tap on your stress, pain, sleep issues and more.

ADDED BONUS ...

Workshop includes Calm your Tribe:

1. Learn a basic tool you can use on kids to calm that feeling of overwhelm
2. Learn a fast and effective way to get all those feelings off your chest (also great with adults).



Giselle (left) is an EFT International Accredited Practitioner. She is a Coffs local and a mother of 4. Giselle is well trained in energy medicine. She lives and breathes it. Giselle has a background in Early Childhood Education that has led her to supporting children and young adults in many different aspects from ages 0-25 years. Giselle has a passion for Mentoring and sees both adults & children in her Private Practice in Moonee. Now, where Giselle is our spiritual guide, Tash is our voice of reason. Tash Alexander (right) is also an EFT International Accredited Practitioner. She is a Coffs local and a mother of 2 teenage boys. With a background in Physiotherapy and medical education, she loves the evidence supporting EFT. Tash is the owner of #Thetappingroom and specialises in anxiety, depression and trauma. Tash sees adults and children in her Private Practice, as well as runs business and community workshops.

Although from very different backgrounds, you will fall in love with their compassion, humour and warmth. They get stressed too, which helps them to keep it real & use EFT to keep stress under control.