



The Tapping Room

Business Stress Management and Resilience Training

Business Coaching with Emotional Freedom Techniques (EFT) is the ultimate combination to enhance your performance and reach your professional goals.



Tash Alexander

Why do workplace resilience training?

- Reduce stress in the workplace
- Improve capability and wellbeing
- Better cope with challenges
- Improve workplace culture



Tash Alexander is a Business Coach, EFT International Certified and Accredited Practitioner and an experienced facilitator.

Why use EFT / Tapping?

- EFT is a powerful stress management technique
- It's a self-management tool that is fast and effective
- Backed by research to effectively reduce stress, anxiety, depression, PTSD, pain and traumatic memories
- Improves clarity of thinking, flexibility, resilience and increases productivity

She brings professionalism, knowledge and experience in organisational learning and development to build resilience in individuals and teams and improve workplace culture.

Private Coaching with EFT

Individual consults for stress, anxiety, bullying, exams, workload pressures, family stress, depression, public speaking, PTSD, traumatic memories, phobias, physical pain and lack of motivation.

Half Day or Full Day Workshops

6-20 people learning the self-management technique to reduce stress and appreciate the science behind Tapping. Full day workshops increase confidence in the technique resulting in greater compliance rates.

Management and Leadership EFT Coaching

- Cultural change comes from the top down
- Overcoming barriers to achieving goals and implementing change
- Improved teamwork and motivation

T: 0477 386 478 | E: TheTappingRoom@outlook.com

www.TheTappingRoom.com.au