



Association for Coaching presents  
*another inspiring & thought provoking event*

## **COACHING WITH EMOTIONAL FREEDOM TECHNIQUE (EFT)**

**Date:** 20<sup>th</sup> September 2007 - 6:00 – 6:30 registration  
6:30pm – 8.30pm – workshop

**Venue:** Express by Holiday Inn, Wilstead Road, Elstow, Bedford MK42 9BB, tel.:  
0870-112 1877, [www.hiexpressbedford.co.uk](http://www.hiexpressbedford.co.uk)

**Speaker:** Annett Tate

**Price:** £22 non-members / £12 members (each + VAT)

Join us for the AC's next workshop, presented by Annett Tate - coach, EFT practitioner/trainer and author of 'Promoting Your Passion' (to be released in Spring 2007).

During this workshop you will learn about – and experience the effects of – EFT (Emotional Freedom Techniques) and find out how they can be extremely relevant and useful in a coaching context.

### **This is a 'Blue' category event**

This event introduces you to 'EFT'. You will hear, see – and experience – how it can easily be integrated into coaching when a client's progress is blocked by limiting beliefs, a poor self-image, fears and painful memories and or other factors.

EFT comes from the field of Meridian Therapies or 'Energy Psychology'. Combining the knowledge of meridian points and subtle energies with the power of words, it was originally developed by a Life Coach and NLP Master Practitioner to help his clients overcome emotional barriers to their health, emotional wellbeing and personal growth.

During this evening you'll learn the basics and experience for yourself how versatile such a simple technique can be. Find out how EFT can be used in a coaching session.

- Help your clients overcome traumatic memories, limiting beliefs and a poor self-image.
- Teach them the process for self-help in stressful situations.
- Use it yourself to remain focused, calm and inspired.

There is no need to share personal content and it can be integrated or used in addition to just about every other procedure.

***See reverse side for Annett Tate Bio. This is another very special event and definitely one not to be missed! As usual, we do expect to sell out early, so please reserve your place now.***

***To book, please RSVP to [susanne@associationforcoaching.com](mailto:susanne@associationforcoaching.com)***

This forum is eligible for CPD and a certificate will be given the night of the event. We look forward to seeing you there!

*To subscribe to the AC Mailing List and receive updated information on events, research and developments within the field of Coaching, please go to <http://www.associationforcoaching.com/tact/list.htm>*

## **SPEAKER BIO**

### **Annett Tate**

Annett is co-founder and principle facilitator of Stress2Bliss.com. She has been teaching health and confidence skills for the last six years, as well as working one-to-one with coaching clients. As an NLP Master Practitioner and EFT-Therapist/Trainer she combines a variety of 'subtle energy' techniques with conventional coaching practice.

[www.stress2bliss.com](http://www.stress2bliss.com)  
[annett@stress2bliss.com](mailto:annett@stress2bliss.com)  
0800 043 10 70  
07770 384 676

[www.associationforcoaching.com](http://www.associationforcoaching.com)

The AC is an independent, non profit organisation with the goal to promote best practice and raise the awareness, standards and professionalism of Coaching across UK & Ireland while providing value added benefits to its members – whether they are professional Coaches or Organisations involved in Coaching