



MIND-BODY-ENERGY CONNECTION

SESSION #1

- examine how energy flows through the body
- identify the mind/body connection between their emotions and how they feel when their energy is balanced vs unbalanced
- learn two exercises based on Donna Eden's Daily Energy Routine

THE ORIGIN & SCIENCE OF EFT

SESSION #2

- learn the origin and science behind EFT (depending on grade level)
- identify potential uses for applying EFT
- learn how to apply Basic EFT; and how to measure and record their progress
- learn two exercises based on Donna Eden's Daily Energy Routine

PUTTING BASIC EFT TO PRACTICE

SESSION #3

- practice using the EFT and record their progress
- learn two exercises based on Donna Eden's Daily Energy Routine

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SESSION OVERVIEW

BUILDING EFT SKILLS

SESSION #4-6

- learn more about the specific tapping points on the body
- learn additional EFT exercises

SETTING MEANINGFUL GOALS

SESSION #7

- learn how negative thoughts and beliefs limits potential and goal setting
- learn common goal triggers
- learn a strategy for identifying their own limiting thoughts and beliefs

USING EFT TO REFRAME LIMITING THOUGHTS AND BELIEFS

SESSION #8

- learn how to discover your personal limiting thoughts and beliefs
- practice one EFT technique to shift the limiting thought/belief

MAINTAINING ENERGY AND ENTHUSIASM FOR SUCCESS

SESSION #10

- learn importance of celebrating small steps along the way
- practice using EFT to reframe their personal goal triggers and limiting thoughts and beliefs that can sabotage their effort

VISUALIZATION TECHNIQUES FOR OVERCOMING OBSTACLES

SESSION #9

- identify an academic goal
- identify any obstacles to the goal
- create if/then plans for overcoming the obstacles
- practice visualization techniques for overcoming obstacles

"It has been so good for my students to have new strategies to help them deal with the stress and anxiety they face daily."

LIZ MIDDENDORF, TEACHER



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