



## MIND-BODY-ENERGY CONNECTION

### SESSION #1

- examine how stress impacts the mind, body, emotions and behavior
- identify the mind/body connection between work-related stress triggers and the body's nervous system
- reflect how their personal stress triggers impacts their personal and professional lives
- 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

# STRESS LESS

## SESSION OVERVIEW

### BUILDING THE SKILLS

#### SESSION #4

- learn how to use additional tapping points and two other EFT techniques
- learn two exercises based on Donna Eden's Daily Energy Routine

### EFT AND LIMITING BELIEFS

#### SESSION #5

- learn how negative thoughts and beliefs limits potential
- learn a strategy for identifying limiting thoughts and beliefs
- learn how to use EFT for reframing limiting thoughts and beliefs
- review Daily Energy Routine

## APPLICATIONS IN THE CLASSROOM

### SESSION #6

- practice using the strategies to help reframe their limiting beliefs
- discuss benefits for using these strategies with students, parents, etc.

"The passion and dedication that Suzanne has for empowering teachers is as effective as it is exemplary."

JEANNETTE FOLAN, COACH/EDUCATOR



# STRESS LESS

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