

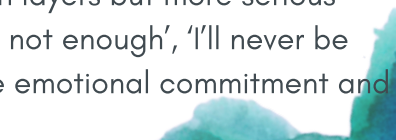


EFF Packages

EMOTIONAL FREEDOM TECHNIQUE SESSIONS

Emotional Freedom Technique uses finger tapping on the body's energy meridian points (like acupuncture without the needles). Please schedule a free discovery call with me to see if it could be a good fit for you. It can be useful for a wide variety of desired mindset shifts. If you think of your emotional issues like onions, they have layers.

Depending on how long the session is, you can remove and clear certain layers but more serious core limiting beliefs ('I'm not enough', 'I'll never be successful,' require more emotional commitment and sessions to clear.





MANAGE EMOTIONS & MINDSET BETTER & GET UNSTUCK

- Limiting beliefs** - clear unhelpful beliefs that sabotage you and hold you back and shift your mindset to have a more empowering belief
- Self-image** - body images, aging, lack of self-love
- Hurtful memories** - choose a more helpful perspective to see them in a more forgiving way to let go and move forward
- Stress management** - stressful situations you'd like to handle differently
- Money issues** - the way you think about deserving money is holding you back
- Success blocks** - do you have goal trauma? Fear of being seen?
- Mindset blocks** - where do you stop yourself?

(*I do not do traumas as I am not a licensed therapist)

