

EFT Tapping

Foundation Course

Learn How You Can Tap on Meridian Points for Stress Reduction



- May 24 Saturday (Physical)
9am-6pm
- May 27 Tuesday (Online)
7:30pm-9:30pm
- May 30 Friday (Online)
7:30pm-9:30pm

REGISTER NOW >



What is EFT Tapping

EFT tapping, or Emotional Freedom Technique, is a mind-body technique where you tap specific meridian endpoints on your face and body while focusing on a negative emotion or issue you want to address.

It is a great stress-reduction tool that has wide applications.

Simple to learn and yet, produces powerful results!



Studies on EFT Tapping

A 2022 review of more than 50 research studies found that EFT tapping is moderately to largely effective in managing a variety of conditions, including anxiety, phobias, depression, PTSD, insomnia, pain and athletic performance.



What Can EFT Tapping Be Used For

- Let go of anxiety and regulate nervous system
- Release negative emotions eg. anger, frustration, hurt, shame, etc.
- Let go of depression
- Improve self-esteem
- Overcome imposter syndrome
- Improve mental clarity and focus
- Release limiting beliefs eg. “not good enough”, “I am not deserving”, etc.
- Boost performance
- Improve immune function
- Reduce physical pain eg. headaches
- Reduce cravings
- Let go of past trauma
- And more!

EFT Tapping

Level 1 Foundation Course

- Learn a self-help tool for releasing anxiety and stress by simply tapping on meridian points.
- Find out how you can regulate the nervous system, rewire the brain and manage your emotions.
- Learn the Science behind EFT tapping.
- Find out how you can apply EFT gently for letting go of the past.

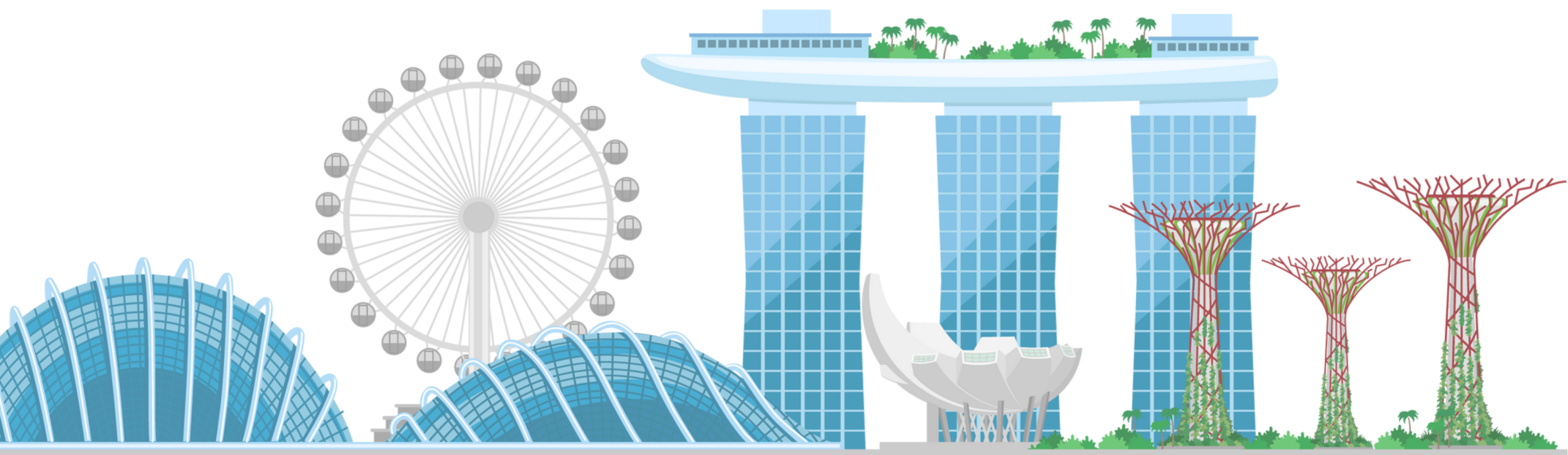


EFT Tapping

Who Should Attend

This training is perfect for

- anyone interested to manage stress in a way that is proven, drug-free and that produces long-lasting results,
- coaches,
- therapists,
- counsellors,
- holistic practitioners,
- anyone who would like to add additional research-backed and proven tools into their wellness toolkit.



Benefits of EFT Tapping Testimonial

“At the height of my stress, I was needing to deal with matters regarding my divorce and also in issues on coping with the lockdown restrictions.

For 10+ years and before working with Evelyn, I was emotionally unstable. I had found it hard to cope with depression, fear and anxiety. In the past, I had sought help from doctors. However, when the pandemic happened, I knew that I had to seek assistance once again. My counsellor recommended that I try a different approach. She referred me to Evelyn....

Through our sessions, I was able to learn and apply better fear management techniques such as EFT, practise more gratitude and most importantly, understand my situation. These days, I am better able to manage my life. My anxiety levels are greatly reduced.” C Tan

Benefits of EFT Tapping

Testimonials

"I loved all the EFT work and how it can be used for any situation!" - Tammy

"I know that tapping, not just about business, but to clear out many other blocks in my personal life as well, has definitely played a massive role in getting me this far in my business." N.E.

"...even more importantly, she gave me the tools that I will continue to use to eliminate emotional blocks through inner child work, EFT, and even future self work." Freida

"This workshop is interesting, it serves as a guide to fulfill my own dreams and make them all possible. I tried the emotional freedom technique during the class, it helped me to release the pain in my heart. I feel lighter now." Rachel

Benefits of EFT Tapping

Testimonials

"I have been seeing Evelyn for more than a year now. It's been a very fulfilling journey to get to where I am now, working through my intense PTSD of childbirth, losing one of my twin sons and watching my son in the ICU. Through the sessions we worked through a lot of deeper issues affecting me and it's helped me so much." V Kaur

"I've always had a very therapeutic session with Evelyn. Under her guidance, she has led me to recognise and acknowledge the needs of my inner child, starting me on my healing journey. I find her EFT tapping and visualisation techniques very effective and this year alone, they have helped me to get a new job and publish a book! Thank you so much Evelyn for always spreading your love and light." C.J.

Benefits of EFT Tapping

Testimonials

"1st time trying EFT tapping.. It was a positive experience.. pleasantly surprised that even though it was just intro session, I felt less stress than before the intro session. Strongly encourage anyone to give a try to EFT." - Bee Kim

"Evelyn is an amazing coach. Every session with her is so valuable. She exudes positive energy all the time. Following the EFT tapping with her makes a world of difference in releasing all the negative energies. Her guidance and support have helped me navigate challenges, set meaningful goals. The insights provided by her have empowered me work on challenges in my profession & personal life!"
Sangeeta



*More testimonials can be found
on FB Page, Website, Google Reviews!*

EFT Tapping

Who is the Trainer

Evelyn Lim is passionate about helping others build emotional resilience, so that they can achieve their life goals more easily. She has been practising EFT both for personal and professional purposes for close to 10 years. Evelyn is also a mother to two lovely girls and she resides in Singapore.



evelynlim.com/events/eft-training-singapore

EFT Tapping

Registration Info

Start Creating Transformation with EFT!

***Launch Price Promo
Unbeatable Value***

12 hours of live training

~~\$220~~

S\$180

Small group: only 8 seats!



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