



# Emotional Freedom Techniques EFT Essentials Level 1 Workshop



Contact Verena or Russell Cunningham on (03) 97 222 678  
*Australian Institute of Self Development.*

**Now you can experience the power and simplicity of EFT for yourself**

Based on impressive new discoveries involving the body's subtle energies, EFT has been clinically effective in thousands of cases for **Stress, Trauma & Abuse, Panic & Anxiety, Fears & Phobias, Depression, Addictive Cravings, Children's Issues** and hundreds of **physical symptoms** including **pain relief, headaches, back pain and breathing difficulties**. Properly applied, over 80% achieve either noticeable improvement or complete cessation of the problem. It is the missing piece to the healing puzzle.

- ...Often works where nothing else does.
- ...Usually rapid, long lasting and gentle.
- ...Easily learned by anyone.
- ...Can be self applied.

**Places Strictly Limited  
TELEPHONE  
BOOKINGS ESSENTIAL  
+61 (0) 3 97 222 678**

- **Learn more about yourself**
- **Attract financial abundance by doing what you love**
- **Put an end to procrastination and eliminate self sabotage patterns**
- **Create easier, more loving relationships with your partner, family, friends and others**
- **Stop being upset or angry, miserable or depressed**
- **Find peace of mind and get to sleep at night easily**
- **Reduce or eliminate aches and pain**
- **Stop worrying, Find your peace**
- **Get better at golf, sex, piano playing, parenting or parking your car**
- **Like your body better and become more confident in yourself**
- **Stop snacking and get to feel relaxed and satisfied instead**
- **Free yourself from self doubt, fear and anxiety about money, love, health**
- **Have a fabulous tool to calm crying children - and others too**
- **Easily achieve and keep your ideal weight, appreciate yourself**
- **100% Satisfaction Money Back Guarantee**

**Call now for details or personal consultations 03 97 222 678**

**Venue:** WONGA PARK A.I.S.D. 9.00am – 5.15pm

**Booking:** Contact Verena or Russell Cunningham on (03) 97 222 678

## ABOUT YOUR FACILITATORS:



**Russell and Verena Cunningham** are directors of The Australian Institute of Self Development and NLP For Life, providing Training, Coaching, EFT and NLP Therapy to assist you to achieve your personal and business goals. They are both EFT therapists & trainers, NLP Masters & Timeline Therapy Masters. Verena is also a Massage Therapist, Healer and Nutritionist, having trained extensively under Dr Bruker in Germany.

Russell holds a Certificate IV in assessment & Workplace Training. With over 12 years experience instructing and training in Sales, Communication and Self Development, he provides personal and business training and coaching in Communication, Goal Setting, Sales and Success Psychology

## WHAT OTHERS SAY ABOUT EFT

*“After years of conventional counselling to help cope with the trauma of sexual abuse as a child, I realised I was still suffering from a lot of negative emotions, that were keeping me from being happy. I went in search of something that would bring peace into my life. EFT has done that for me. The emotional blockages associated with sexual abuse have gone! I have discovered a sense of self and now have peace and joy in my life”.*

Katherine, Melbourne, Business Owner and Mother of four

*“... I am writing just to tell you that the one phone session that I had with you earlier this year on getting good results in my counselling studies, worked like a treat. I ended up getting 5 out of a possible six distinctions in my course work for the year.*

Sandy Therry Dip Tch, Grad Dip Counselling, NLP

*“EFT is amazing, I’ve been looking at this piece of chocolate all day and I haven’t eaten it, I don’t even want it. I never could have done that before... I recommend this powerful experience in a nurturing, sharing group environment. I’ve gained wonderful insights, awareness and tools for my Self Development.”*

Ken Bone. Melbourne, Proprietor Urban Foliage.

*“I came to see Russell about relationship issues. Imagine my surprise when the shoulder pain that had kept me out of work for 2 years was gone within 30 minutes. I cancelled the surgery and haven’t looked back”.*

Sally Richards. Sales Executive

*“After a long period of unemployment Russell has helped me clear the way for the role I desired using a range of my skills and also in the location I love to work at; close to water & close to home.*

*I am on a contract and I did not even have to negotiate a fabulous daily rate. After I cleared my childhood issues I received a call regarding my ideal role the following day. That’s how quick it all works! I would have never believed it and am now working on meeting my ideal life partner. Hooray!!*

Thanks Russell! G. P” Systems Analyst

## A.I.S.D. SERVICES INCLUDE:

**Individual:** Personal Consultations face to face or by telephone (Adults, Teens & Children), Relationships Therapy, Stress & Anxiety Release, Clearing Physical Pain, Weight Management, Success Coaching for Study & Work.

**Workshops:** EFT Discovery, EFT Essentials Level 1, EFT Practitioner Level 2 & Intuitive Energy Psychology Level 3, Eliminating Self Sabotage, Loving Relationships & Wholesome Nutrition. The Secrets of Attracting & Manifesting

**Business:** Sales & Communication Training & Coaching, Goal Setting for Success, Trouble Shooting Consultations & Conflict Resolution.

Australian Institute of Self Development [www.selfdevelopment.com.au](http://www.selfdevelopment.com.au)

**Take the first step now Call Russell or Verena Cunningham on (03) 97 222 678**