

Open The Door to Successful Weight Loss

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Many emotional eaters struggle to lose weight as weight loss programs do not address the self sabotaging beliefs we often hold of ourselves. Ideas, beliefs and self image stop us from achieving our desired weight.

Does this sound like you?

Do you binge when you're lonely, upset, anxious or nervous?

Do you reward or yourself with food when you have done well or failed?

Do you eat to be safe, to feel comfortable or to feel better?

If you have answered yes to any or all of the questions, unrecognised emotional issues may be causing you to overeat.

Our image of self can be shifted from negative to positive by addressing negative emotions, self-sabotaging ideas and beliefs we hold of ourselves.

Each failure reinforces our belief that we will never lose weight and further reinforces the message of hopelessness. Even with all the knowledge about food, exercise, nutrition the journey of weight loss still remains unsuccessful. This sense of hopelessness often perpetuates the need to eat more and seek additional comfort from food. Through EFT, the emotional blocks that cause self-sabotage can to be identified and released; resulting in healing and allowing for optimal health and wellbeing to be achieved. Through the use of EFT a new program can be installed to overcome self-limiting negative emotions that keep us shackled to the past.

This 2½ day residential workshop will assist you to identify your individual shackles and provide tools to assist you in achieving your wellness potential.

This fully catered 2 1/2 day residential workshop will be held at the beautiful Gunnebah Retreat in Nobbys Creek, situated in the breathtaking Tweed Valley. Transport from Coolangatta airport can be arranged.

Topics include:

- Introduction to EFT - How it works - History & Theory
- EFT Basic procedure - The points – Set up statements - Reminder phrases - Measuring progress - How to apply EFT
- Aspects and numerous refinements to improve results
- Exposing negative emotions that keep you locked into the cycle of weight gain
- Discover the reason you have failed to keep weight off & ways to fix it
- Practice doing EFT for Physical discomforts, bothersome memories, and food cravings
- Practical EFT – lots of direct experience of using EFT in pairs plus demonstrations
- Common applications of EFT – anxiety & phobias
- Integrating EFT with other therapies
- Reaching your ideal weight