

Foundation Course 2012

EFT Level 1

Evolution in Action

The EFT Foundation Course Levels 1-4 is an evolutionary experience developed by [Michelle Hardwick](#) of [Release...Peace](#). The intention of the 4 courses is to help you become proficient and confident with EFT so that you can be the best Practitioner you can be. In addition, the 4 Foundation Courses offer you an opportunity of experiencing accelerated growth processes so you can evolve and gain a deeper understanding of yourself.



All courses include theory and practice of powerful EFT techniques; the latest AAMET approved curriculum; as well as other tools Michelle has personally found to be highly effective when working with clients and groups.

Preparation For This Course

Before we begin this Course Level 1, which will be the start of your journey of evolution, you will need to have an understanding of your past and a direction for where you are going. Please take time to complete the following 3 questions and bring the answers with you to the Level 1 weekend:

1. List the situations/people or traumatic experiences you would like to change about your past. You can include things that you have done or actions that have been done to you. Please include how you feel about each of the items you list
2. List what you would like to change about where you are now/your current situation (in your life/career/relationships etc.). Please include how you feel about each of the items you list.
3. List what you would like to have/be/do after completing this EFT Level 1 Foundation Course. Please include how you feel about each of the items you list.

Prerequisites

No previous experience is necessary to attend Level 1. Most important of all is to bring to the course an open mind and good humour; a willingness to experience something very new and an ability to 'go with the flow'.

To enhance your training experience you could read the EFT document which can be found at this [link](#) or here: <http://michellehardwick.com/assets/EFTmanual.pdf>

EFT Foundation Course Level 1 facilitated by Michelle Hardwick
of Release...Peace

www.release-peace.co.uk

Benefits of This Workshop

The 3-day weekend, will be interactive, transformative and fun! Be ready to:

- ◆ **Experience more** fine-tuning of EFT on yourself
- ◆ **Increase** your EFT understanding and self-awareness
- ◆ **Connect more** to your intuition
- ◆ **Join in** EFT practicals
- ◆ **Gain** inner peace and freedom
- ◆ **Understand** your feelings and begin to have 100% self-awareness
- ◆ **Evolve** into expanded levels of EFT awareness
- ◆ **Begin** an evolutionary journey of discovery and self-discovery
- ◆ **Spend time** of sorting and rearranging values, with your highest purpose in mind
- ◆ **Work towards** becoming the greatest expression of your fullest potential in your life and as an EFT Practitioner

Course Workbook

Each course includes a newly created workbook which integrates the AAMET approved curriculum of study. You are required to proceed step-by-step through the workbook ensuring you read and complete all parts. By committing to the workbook, you will begin to discover more about yourself as well as the power of EFT. The added benefit is that you will integrate EFT into your day; life and work.

In addition, the intention of the workbook is to give you further support after you return home. By progressing through the workbook you can practice your EFT skills; continue to develop yourself; stay on top of the growth you have already made in class; and experience EFT healing and releasing.

The result will be increased levels of self-acceptance or self-love beyond anything you have experienced in the past.

Course Facilitator – Michelle Hardwick

Michelle is an Emotional Freedom Techniques (EFT) Trainer who facilitates transformative EFT training that continues to dramatically benefit the lives of clients and students worldwide. For more than 11 years Michelle has shared her love of EFT with many. In addition, Michelle is qualified in Neuro-Linguistic Programming (NLP) and integrates the principles into all her work.

Michelle Hardwick is also a certified Hypnotherapist and began her practice in 1999 in New Zealand, her spiritual home. Since then, she has developed her own style of Hypnotherapy – ‘Soul Connection and



Evolution' - which has evolved to integrate processes Michelle has found personally beneficial. 'Soul Connection and Evolution Hypnotherapy' bridges the worlds of self; spirituality; body; mind and soul bringing together:

- ◆ The self, represented by current state of self-perception
- ◆ Spirituality represented by self-awareness and connection
- ◆ Mind represented by character and will, openness to new ideas and interactions
- ◆ The Soul represented by the body, emotions, beliefs and aspirations.

This therapy unites all these separate strands, each of which display individual and distinct needs and strengths, into a tailor-made composite able to release the challenges of an individual's existence and overcome barriers to progress.

Through her busy international practice, Michelle continues to offer one-on-one consultations either in person or online. Her passion is helping souls heal. Michelle utilizes profound and unique methods of transformation in all her consultations. Clients worldwide have been uplifted by her soul-centered approach.

Michelle publishes both nationally and internationally; her writing enabling readers to share and continue to be inspired by her message.

The newly developed EFT Foundation Course Levels 1-4 is now available for those wishing to further develop their skills. This latest series of workshops incorporates accelerated EFT growth processes designed to facilitate awareness and evolution. For more [details click here](#) or to register your place in Norway [please click here](#)

Quote

*"One thing is sure...
after the EFT Foundational Courses
- you will be different"
Michelle Hardwick*