

Mental Hygiene and Personal Development Day

EFT (Emotional Freedom Technique) Group Session

When: from 9am till 5.30pm or 10am to 6.30 pm

Where:

Facilitator: Jasmina Kovacev, EFT Master Trainer



Our mind creates our reality. How much do we pay attention to mental and emotional hygiene? Take this unique opportunity and attend the whole day EFT group session. Join our small group for a powerful transformation.

Questions and objections that you might have

What I can expect during the whole day EFT group session?

You will resolve a range of issues that did not even come to your mind before attending. We all start with one small issue, like some emotion, pain, or belief that is limiting us. That is just the beginning. Everyone resolves so much that we often hear “I feel like I took a 10 kg burden off my shoulders.”

I might not get personal attention, it might not be worth my time.

The amount of time spent with one individual during group session does not determine the amount of transformation achieved. Some people come to get “borrowing benefits” and resolve range of issues, even if they did not want to work directly on their issue during the group session.

What if what we work on are not my issues?

Being humans, we all have many issues in common. Even if they are different, the mind finds a range of associations with anything we work on and processes it.

What if something very private comes to the surface and I do not want to say it?

That is perfectly ok. You can open up to the extent you feel comfortable. We can work around anything that comes up, not revealing anything that is sensitive. Apart from that, I do ask everyone for confidentiality and what is said in the room stays in the room.

Do I need to know EFT in order to attend a whole day EFT group session?

No, you do not. All you need is to show up and allow Jasmina Kovacev, a very experienced Master trainer to guide you through the process.

How much does it cost?

NZ\$250 for the whole day from 9am till 5.30pm. When breaks are taken out, you get 7 hours of group sessions. My hourly rate is normally \$125. Basically you get 7 hours of group session for the price of 2 hours of individual sessions.

Isn't it too long to work on myself the whole day?

It is surprising how time flies in this kind of work. Very often we hear comments that it did not feel like a whole day.

Would it be better and more effective to come to individual sessions instead?

Individual sessions do not replace group sessions. They are different and do not exclude each other. Advantage of group session is that many issues get resolved, some that would never come to your mind during individual work. That is the power of group session and borrowing benefits that you get.

It is a financial stretch at the moment. I do not know if I can afford it at the moment.

I want to make it easy for you. You can pay in installments or with credit card. Talk to me, call 04 565 3888 and we will together find the payment option that suits you.

Have more questions or objections?

Please send them to efthelp@gmail.com with your phone number and I will contact you.

More **information** and **booking** on **04 565 3888**, or email efthelp@gmail.com

Your trainer

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