

CENTER FOR PERSONAL LEADERSHIP & DEVELOPMENT

Professional Coaching & Hypnosis Services


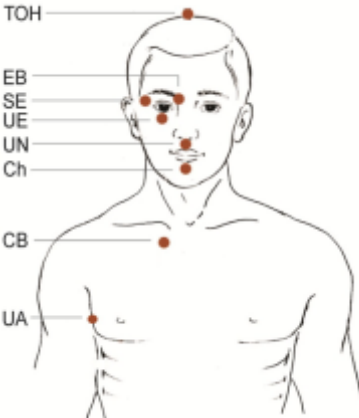
www.leadership-matters.org

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ABDOMINAL BREATHING	BENEFITS
<ol style="list-style-type: none"> 1. Inhale slowly through your nose & press your stomach OUT 2. Hold the breath for 3-seconds 3. Exhale slowly through your mouth & pull your stomach IN 4. Repeat 3 times 5. Notice: How do you feel now? 	<ul style="list-style-type: none"> • Calms your stress • Oxygenates the lower lobes of your lungs • Builds your immune system • Strengthens your main body lower organs

EMOTIONAL FREEDOM TECHNIQUE (EFT)	EFT TAPPING POINTS
<ol style="list-style-type: none"> 1. Measure your discomfort level (0 to 10) 2. Setup Statement (3 Times) at the Karate Chop Point 3. Tap each point with a reminder statement 4. Take a slow breath. How do you feel now? 	<ul style="list-style-type: none"> • Karate Chop Point (KC) • Eyebrow (EB) • Side of Eye (SE) • Under the Eye (UE) • Under the Nose (UN) • Chin (Ch) • Collar Bone (CB) • Under the Arm (UA) • Top of Head (TOH)

KARATE CHOP POINT – FOR SETUP STATEMENT	BODY TAPPING POINTS
 <p>Setup Statement: “Even though I have this _____, I deeply and completely accept myself.”</p> <p>Reminder Statement: “This <u>Condition</u>”</p>	

FREE SUPPORTING RESOURCES AVAILABLE

Website: www.leadership-matters.org (Look for “Resources” Link in the menu)

Free Videos, EFT Tutorial, Relaxation & Confidence Audio. Additional info includes recommended EFT books.