

Block Busting! - Frances Songhurst & Dave Wharton

“Stuck in a rut? You want to move forward in life but progress (if any) is achingly slow. This workshop is aimed at getting you and your life moving in the direction you choose with ease, freedom and joy”.



In this workshop we will address various aspects of a common theme: they each result in a lack of progress in life. Whether you feel that you have a general lack of direction, or consistently fail to take action or you just find yourself stuck in a specific area, we have something to offer you. You will learn techniques that you can take home and use not just on yourself but with your clients too, if you work with others.

Each of the sessions within the workshop will take a similar format. First there'll be a short talk about what we are going to do, next we'll demonstrate the technique with a volunteer (the audience is of course encouraged to borrow benefits). After that we'll get you using the technique working with each other in pairs: we'll be around to help, encourage and answer questions if needed.

Following the usual preliminaries, Frances will take the first session. She will use EFT combined with allegory to look at your life's direction, where you are going to and how you are going to get there. This technique frequently brings new insight to old problems, so stand by for an “aha” moment!

Before lunch Dave will talk briefly about the neuroscience of procrastination, before introducing and demonstrating the idea of balancing emotional states that leave us “stuck” using EFT and subtle resource states. Very often you can feel the change immediately as your block just dissolves.

We will practice these techniques after lunch, before the final session in which Frances will introduce an imaginative technique that is great fun to do. This can be used both to solve problems and act as a motivational resource at any time in the future.

Throughout the day the emphasis will be on using EFT with innovation, creativity and fun. Our intention is that you will gain an increased sense of direction, a greater understanding of how and why we stop our own progress, increased ability to overcome this with ease (not with force) and the resources to increase your own strength when you need to.

“Please bring with you at least one behaviour you would like to change or action you would like to take but can't... yet!”

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