

BALANCING STRESS, ANXIETY AND EMOTIONAL
CHALLENGES, WORKSHOPS FOR CAREER BUILDING

2020 EVENTS

WORKSHOPS & SESSIONS OUTLINE



PREPARED AND PRESENTED BY

JANE SLEIGHT-LEACH
COMMENCING JANUARY 2020

ABOUT JANE SLEIGHT-LEACH



CERTIFIED PRACTITIONER:

**EFT - Emotional Freedom
Techniques**

**Advanced Evidence Based EFT for
Trauma**

Matrix Reimprinting - 5 levels

Jane is the Founder and Lead Facilitator of The Life 2 Project. She has been facilitating groups, workshops and retreats using Energy Psychology methods since 2012. She is certified in several highly effective techniques that support her vision to assist people to release past trauma, and to overcome personal challenges and difficult emotional states.

She has developed her skills over time to now specialising in post crisis work with women who have experienced domestic and family violence. This area of work is a particular passion for Jane, having had lived experience and deep insight into abuse dynamics. She has a very broad range of experience with many clients and a wide spectrum of individual issues.

ADDRESSING STRESS & ANXIETY

TAILORED WORKSHOPS CREATED FOR THE UNIQUE NEEDS OF THOSE WHO ARE EMBARKING ON A NEW CAREER PATH. EXPLORATION AND RELIEF OF STRESS & ANXIETY WITH HANDS-ON TECHNIQUES TAUGHT IN AN EASY TO LEARN AND IMPLEMENT FORMAT.



Stress and anxiety are at high levels in our every day lives, but can be especially high if you are developing new skills, undertaking training and learning new subjects. It's easy to build up beliefs like I'm not good enough, not intelligent enough or I don't have what it takes for success. We specifically focus on creating personalised strategies to manage and limit these beliefs, build self-esteem and promote clear thinking and a balanced approach to every day tasks. We look at some of the real life emotional challenges being faced and ways to balance and empower individuals to understand, recognise and work with their own emotional state in the moments when stress takes over.

POWERFUL STRESS MANAGEMENT TECHNIQUES THAT CAN SUPPORT YOU IN YOUR LEARNING EVERY DAY WHEN IT'S NEEDED MOST. EMPOWERING YOU TO RECOGNISE, UNDERSTAND AND WORK WITH YOUR CHALLENGES AND YOUR EMOTIONAL BALANCE TO CREATE SUCCESS.

CUTTING EDGE TECHNIQUES

TAUGHT BY AN EXPERIENCED FACILITATOR



INTRODUCING EFT
EMOTIONAL FREEDOM
TECHNIQUE



PRIORITISING
WELLBEING



EFFECTIVE TOOLS
AT YOUR FINGERTIPS

EFT is being increasingly researched and used as an effective intervention in many emotional psychological and physical issues. It combines elements of exposure and cognitive and somatic stimulation with often startling results.

Developed originally from Thought Field Therapy, it is often referred to as 'Tapping' as it uses a two finger tapping process on acupressure points, while simultaneously using a cognitive acceptance statement. EFT has been researched in more than 10 countries, by over 60 investigators, whose results have been published in more than 100 different journal articles.

Research is showing dramatic improvements in areas such as mental health, personal and professional relationships, business/career development and pain management, to name a few.

EFT is found across the globe in many countries and is being used in hospitals, schools, psychotherapy clinics, on sports fields, in business and personal coaching practices, with military veterans, with PTSD sufferers, with families, and many other situations and places where people need emotional support or enhance performance.

Users of EFT are gaining relief from many conditions and issues such as anxiety, stress, depression, over/under weight, physical pain, allergies, phobias, negative beliefs/thinking patterns. The results of clinical studies into the relief of PTSD symptoms is particularly impressive. You can In fact try EFT on any issue you have; it is safe, gentle and easy to learn. Perfect for anyone who needs to maintain balance, clarity and focus and work through regular challenges.

2020 WORKSHOPS

All participants learn and integrate EFT as an effective tool for everyday use, both in their personal lives and in their work and learning environments.

These workshops are tailored for each group's needs and focus. During these unique sessions participants work as a group with our skilled practitioner and learn new hands-on skills to be able to handle stress and challenges as they arise in the future.

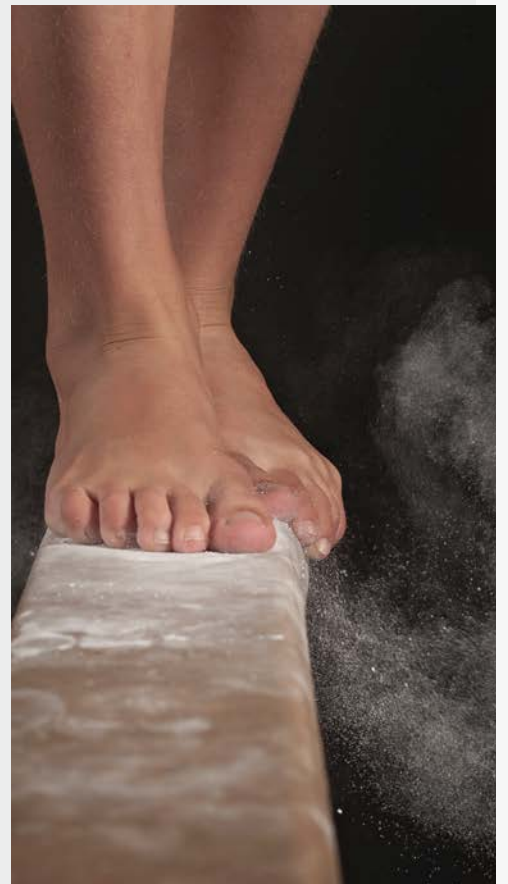
In the **1 Hour Introduction Workshop** we present an overview of the techniques and how they can be effectively used to manage stress, anxiety and challenging beliefs that commonly crop up for anyone learning new skills. Participants learn the basics to apply every day.

Our **1 day workshops** are designed as a deeper dive into the emotional challenges that are faced through the process of starting a new endeavour. We uncover and change the deeper conditioned thinking that prevents participants from truly valuing themselves, their skills, their ability and their potential.

In the **10 week program** each 2 hour session builds week by week, through a structured program which allows the gentle unlayering of thoughts, feelings, beliefs and perceptions that may be unhealthy, damaging and limiting, relating to past experiences, traumatic events or unconscious belief patterns..

EMPOWERED WORK & LIFE IS THE GOAL

Our intention for all of our participants is for them to come to the realisation that their emotional state can be quickly and easily balanced and that they have the power to create calm and balance at will. Challenging situations are part of life but stress and anxiety do not have to be permanent states of being. We do not have to simply "cope" in times of distress. We can take control, set intention and live in a way that we choose, not default to. We strive to support the process for our participants to uncover deeply held negatively impacting beliefs and patterns of behaviour and to create new and more positive ways of being. This then flows into all areas of life. This enables true empowerment to be felt and embodied and for success in life and work.





WHATS AVAILABLE

CHOOSE THE BEST OPTION FOR YOUR GROUP TO LEARN AND INTEGRATE CUTTING EDGE TECHNIQUES AND STRATEGIES FOR PERSONAL AND PROFESSIONAL WELL-BEING

	DURATION	AVAILABLE FROM
1 HOUR INTRODUCTION	60 MINUTES	JANUARY 2020
1 DAY WORKSHOP	9.30AM - 4.30 PM	JANUARY 2020
10 WEEK WORKSHOP SERIES	2 HOURS PER WEEK	JANUARY 2020

1 HOUR INTRODUCTION

THE FIRST TASTE OF WHAT'S POSSIBLE

Starting on a new path is an exciting but often anxious time. It's important to be healthy and fit both physically and emotionally to better handle the various inevitable challenges.

During this 1 hour presentation participants learn about the effects of stress and anxiety on the brain and body, and the common but little understood experience of the fight/flight/freeze response are explained in easy to digest terms in this short but interactive 1 hour presentation.

Each participant will learn to use basic EFT and be able to apply it in every day situations in which they feel stressed, anxious or uncertain. We will work with common issues such as procrastinating, self-sabotaging, feeling overwhelmed and frustrated.

In a learning environment this is a particularly powerful skill that will potentially make a contribution to the overall well-being and success of both the participant and the service provider or educator.

The first taste of what's possible using this ground breaking technique to help support self-esteem and the process of learning.

"So many of us are leading limited lives, not because we have to, but because we think we have to"

DR BRUCE LIPTON

1 DAY WORKSHOP

**PACED, FREE FLOW EXPLORATION OF
TARGETED ISSUES WITH HANDS ON
SKILLS INTEGRATION AND REAL TIME
RESOLUTIONS.**

With 6 hours of focused in depth exploration, identification and release of negative patterns, this workshop is a gentle and effective process of uncovering the belief systems that influence our ability and willingness to move forward, introduces powerful techniques and brings awareness to unconscious emotionally harmful patterns.

Each participant learns and begins to integrate EFT throughout the day, working on individual and group perceptions, barriers, beliefs and emotional states.

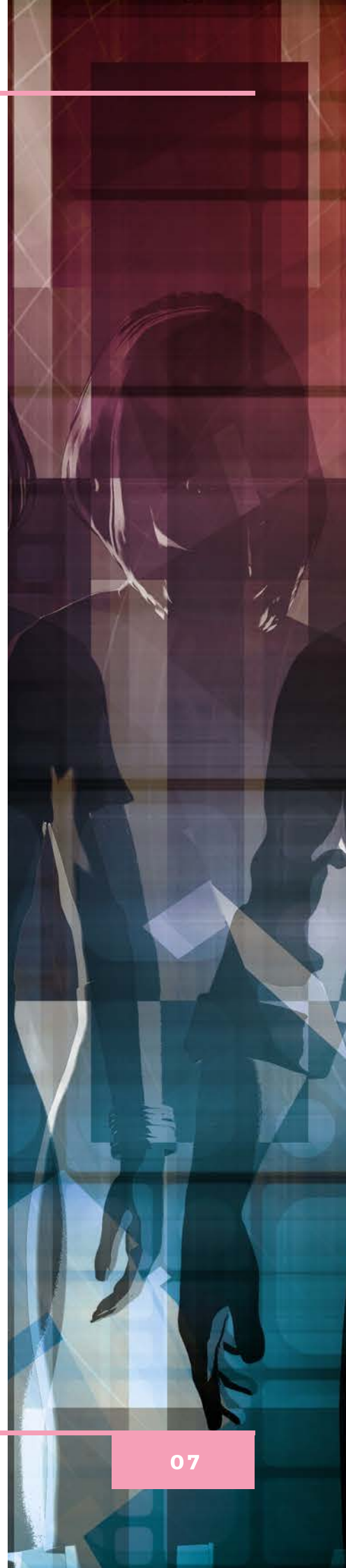
Participants will:

- Learn to use and integrate EFT (tapping) as an effective and gentle technique to effectively manage stress & anxiety.
- Make effective changes to unsupportive thinking patterns.
- Understand how the mind & body respond to stress & past trauma and be in control.
- Create & embed a self care routine that supports them every day.
- Connect with the group and understand & relate to collective experiences.

Our gentle approach ensures your groups comfort throughout the day as participants build knowledge and skills, and connect with their deeper self, the group and their environment in this safe and supported space.

"This was the most
informative and effective
self-help workshop I've ever
attended"

CATHY, MELBOURNE



10 WEEK WORKSHOP SERIES

A STEPPED PROGRAM WHICH BUILDS SKILLS, UNCOVERS POTENTIAL AND INTEGRATES LEARNING

During this program of 10 workshops participants have a unique opportunity to delve into their own deeply held beliefs and experiences, beliefs about self-care, what it means to them and why they may not be engaging in self-care in a regular and meaningful way to support them in their working life.

The group will learn, and have the opportunity to fully integrate effective techniques to explore, identify and work on releasing stress, anxiety, negative beliefs and perceptions and then practice and integrate the learnings and techniques through the following week.

During each 2 hour workshop the group reflects on their week, identifies where stress, anxiety or other difficult emotions were present and we work through them as a group, building the skills, strategies and emotional resilience to manage every day challenges.

Every week the group has hands-on practice resolving their own present issues, plus an educational component that brings awareness to the mind-body connection, the effects of stress on brain and body chemistry and many other connected subjects.

By the end of the program each participant will have built a personal self-care process that fits their needs and lifestyle, and will be connected with a community for social engagement and support.

"These workshops have taught me so much about myself. I now know that I'm in charge of how I choose to feel"

SUSAN, BRISBANE



INTENDED OUTCOMES FOR PARTICIPANTS

- Learn and be able to implement EFT as a personal tool for stress relief, anxiety and everyday challenges, encouraging personal empowerment and responsibility. Release of stressful beliefs, perceptions and emotions creating a more positive outlook and promoting a creative mindset.
- Promoting peace, calm and balance every day.
- Improved self-perception, self-worth and belief.
- Long term reduction in stress responses and triggers.
- Understanding of the scientific basis of EFT and why it works
- Gain understanding of how the body and mind respond to stress, how major body functions are affected during the fight/flight/freeze response.
- A basic understanding of brain function and the effects of stress on thinking, memory and focus.
- Understanding the importance of self-care and creating a well-being plan as part of every day work and learning activities.
- Creating new habits to support long term emotional wellness.
- Connection, bonding and friendship with others who are on the learning journey with similar experiences, aspirations and purpose.

Personal follow up sessions are available that allow the exploration, processing and release of unique traumatic experiences that may not be appropriate in a group setting.

PARTNERSHIPS & COLLABORATIONS

THERE ARE MANY WAYS TO INTEGRATE OUR PROGRAMS INTO YOUR SERVICE, COMMUNITY GROUP, EDUCATION CENTRE OR CLUB



Recent projects include:

- "Creating Peace and Balance After an Abusive Relationship" was a 10 week workshop series from July -Sept 2019 in partnership with Kingston East Neighbourhood Group and funded by Logan City Council. The next program commences April 2020.
- Two hour workshops for overseas students to overcome challenges of settling and studying in Australia in partnership with Aventia Institute Brisbane
- Six month program of 3-day Retreats and 1-day Workshops delivered in 2019 to address trauma associated with domestic and family violence in Mornington Peninsula, Victoria.

I HAVE PARTNERED WITH SEVERAL ORGANISATIONS TO DELIVER PERSONAL AND GROUP EMPOWERMENT AND WELLNESS SOLUTIONS.



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