

BALANCING STRESS, ANXIETY AND
EMOTIONAL CHALLENGES

WORKSHOPS & SESSIONS SUPPORTING CAREER BUILDING 2021



PREPARED AND PRESENTED BY

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COMMENCING JANUARY 2021

ABOUT JANE SLEIGHT-LEACH

EFT - Emotional Freedom
Techniques Practitioner

Advanced Evidence Based
EFT for Trauma

Matrix Reimprinting - 5
levels

Retreat & Workshop
Facilitator

Speaker



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.



SUPPORTING YOUR CLIENTS TO SUCCESS

PROVIDING A CO-ORDINATED SUPPORT SERVICE WHICH PARTNERS WITH ESTABLISHED TRAINING PROVIDERS, WORKING TO ASSIST AND EMPOWER PEOPLE IN THEIR TRANSITION INTO WORK, EDUCATION OR SKILLING PROGRAMS.



Research and community consultation has revealed that the existing training programs attract a large number of women who have had experiences such as domestic and family violence, or other types of gendered abuse, and who are attempting to re-establish themselves independently.

A major barrier to the success of these participants is the high levels of trauma, stress and anxiety, coupled with deeply embedded beliefs about their ability and self-worth.

The program and course drop out rates are disproportionately higher among these groups of women, leading to an ever increasingly difficult downward spiral in financial, health and psychological consequences for them.

The service providers, despite offering comprehensive and high-quality programs, often struggle to provide the specialist emotional support needed by many of their participants. Completion rates drop and the organisations key performance indicators are unfortunately negatively affected.

THE SUCCESS OF THE PARTICIPANT IS THE NUMBER ONE PRIORITY, ENABLING THEM TO BUILD A BRIGHTER NEW FUTURE FOR THEMSELVES AND THEIR FAMILIES

THE LONG TERM SUCCESS OF THEIR PARTICIPANTS IS THE ULTIMATE MEASURE OF SUCCESS FOR THE TRAINING PROVIDER.

ADDRESSING STRESS & ANXIETY

WE OFFER TAILORED WORKSHOPS CREATED FOR THE UNIQUE NEEDS OF THOSE WHO ARE EMBARKING ON A NEW CAREER OR TRAINING 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 change 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.

These programs provide the means for women to become emotionally self-reliant, hand in hand with the training organisations who are dedicated to assisting them to become financially self-reliant.

POWERFUL STRESS MANAGEMENT TECHNIQUES THAT SUPPORT YOUR CLIENTS IN LEARNING EVERY DAY WHEN IT'S NEEDED MOST.

EMPOWERING CLIENTS TO RECOGNISE, UNDERSTAND AND WORK WITH THEIR CHALLENGES AND EMOTIONAL BALANCE TO CREATE SUCCESS.

"THE MISSING LINK" TO SUPPORTING WOMEN IN THEIR GOALS AND ASPIRATIONS TO BECOME FINANCIALLY AND EMOTIONALLY INDEPENDENT AFTER EXPERIENCING ABUSE OR TRAUMA..

MANY BENEFITS TO PARTICIPANTS AND SERVICE PROVIDERS



DIRECT BENEFITS FOR THE PARTICIPANT

- Sense of safety, trust and security knowing their unique emotional experiences and challenges are acknowledged and supported by the service provider.
- Higher confidence to express their needs and challenges.
- A safety net for the tough days in training.
- Opportunity to access sessions that are ordinarily inaccessible to those on low income.
- Opportunity to learn an effective self-help tool that will benefit them in both their work and personal lives now and into the future.
- Opportunity to learn how stress effects the mind and body and that their responses are normal.
- A greater sense of control over their feelings and emotions.
- Better cognitive functioning with the relief of stress and anxiety.
- Increased confidence in themselves and their abilities.
- Increased likely hood of success in their training, opening up more options and possibilities for the future.
- Greater capacity to be creative, plan for the future and set goals.
- Opportunity to create friendships and build a support network.



BENEFICIAL OUTCOMES FOR THE SERVICE PROVIDER

- Enhancement in reputation for being a leader in client-centric and solution focused program delivery in the training industry.
- A holistic approach to training and support, and a more trust-based relationship with participants.
- Enhanced outcomes for participants, with their challenges supported in house with a specialist facilitator.
- Greater completion rates for training groups.
- Meeting of KPI's is increased due to better outcomes for participants.
- Greater likely hood of further funding approval due to increased success rates of participants.
- Less stress and pressure placed on trainers, who will face less occurrences of difficult responses from participants.
- Satisfaction and fulfilment knowing that they are contributing to major change and brighter futures for women and their families.

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 to 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.

2021 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 engaging in 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. This is ideally suited to integrating into longer term training and services.

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 and enables true empowerment to be felt and embodied 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 2021
1 DAY WORKSHOP	9.30AM - 4.30 PM	JANUARY 2021
10 WEEK WORKSHOP SERIES	2 HOURS PER WEEK	JANUARY 2021

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



PERSONAL SESSIONS

EXTRA SUPPORT AS A SUPPLEMENT TO GROUP WORK

During our workshops participants experience the power of group work but can also have the opportunity to work with an experienced one on one practitioner as a follow up, to relieve specific traumatic personal memories and experiences .

The power of combining the group learning and exploration activities, educational sessions and the personal deep release work brings about fast and transformative change in thoughts, feelings behaviours and beliefs.

During group sessions issues may arise that require a private space to work through with a practitioner. It is common for traumatic and difficult memories to arise during group work that need some deeper personalised exploration and release.

Several personal sessions can be made available for each participant. We have found that this addition has a deeper and much more impactful effect allowing focused time for individual resolution of traumatic memories and experiences.

There are certain individuals who are not ready to join a group. These private one to one sessions are a perfect space for the journey to well-being to begin in a gentle, non-confrontational and self-paced personal experience.

Personal sessions may be added on to any group or workshop booking as a follow up service for participants. Each session is 90 minutes and may be offered in person, via phone or online via Zoom/Skype

**"I felt like it was a safe space to
allow me to open up and be real with
my feelings"**

JACKIE BRISBANE



PARTNERSHIPS & COLLABORATIONS

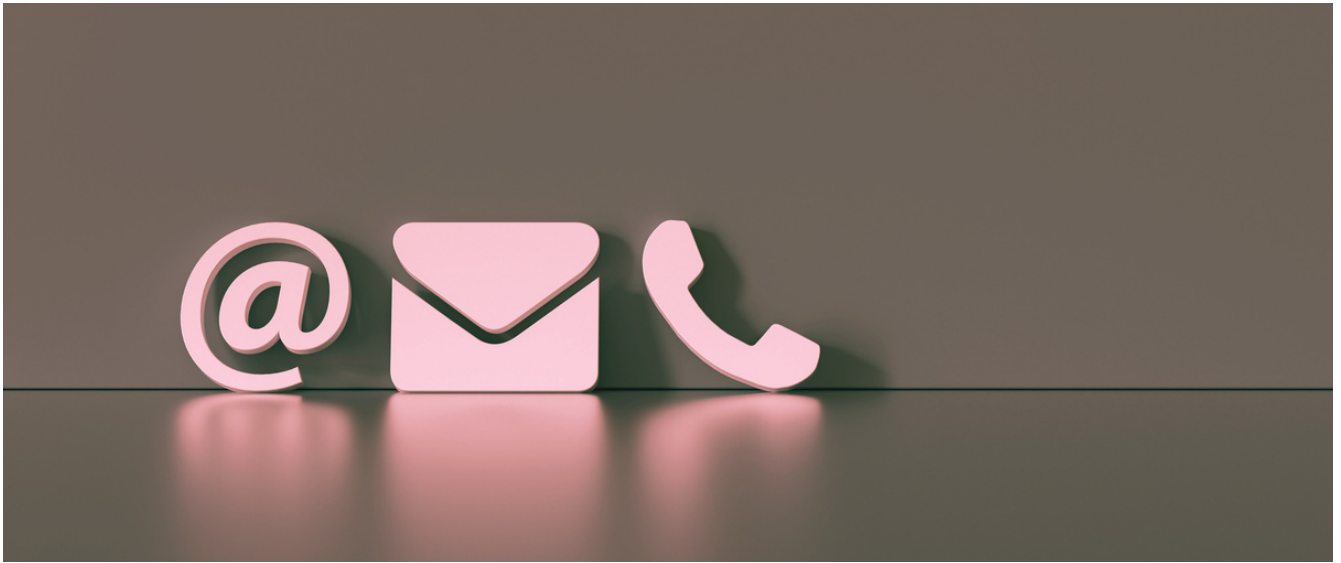
THERE ARE MANY WAYS TO INTEGRATE OUR PROGRAMS INTO YOUR SERVICE, AGENCY, COMMUNITY GROUP, EDUCATION CENTRE OR CLUB



Recent projects include:

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

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



CONTACT

Please get in touch to discuss how we can tailor the right assistance for your participants and clients, or how we might support your team with professional support and development.

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