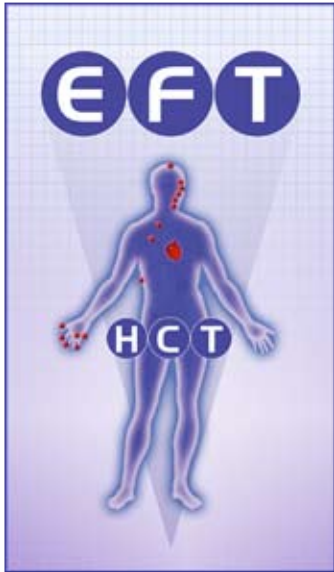


Achieve Personal Coherence

Achieve Emotional Freedom @ Work



"Unhappiness at work is the number one cause of heart disease; and heart disease is one of the leading causes of death in the post-industrialized world. Emotional Freedom in our workplace is imperative for our health and longevity." - Steve Morris

Achieve Emotional Freedom @ Work is part of the **Achieve Personal Coherence series**, a series of training workshops using EFT to release negative emotions that may have become barriers to personal and professional success.

Achieve Emotional Freedom @ Work addresses what is commonly referred to as the most serious epidemic of the 21st Century – stress in the workplace. The expectations for success have become more demanding and the consequences of failure less forgiving. There is a direct link between how we feel and how we perform whether be it on the sports pitch or in the workplace. It is imperative that we learn how to cope with these negative emotions as they arise so they can be treated before we become another statistic. The workshop is very hands on and packed with demonstrations and practice.



What is Emotional Freedom technique (EFT)?

EFT is a psychological acupuncture technique that works by tapping on the energy fields in the body. As with acupuncture, EFT taps into the energy meridians of the body to treat physical and emotional ailments but without using needles or other equipment. EFT is highly effective in treating and eliminating stress and removing self-limiting beliefs. EFT has a high success rate (over 80%) when applied correctly.



What is the HCT technique?

Heart Conditioning Technique (HCT) is emotional affirmation technique that fosters greater coherence of a person's mental and physical systems. HCT facilitates faster and clearer thinking and strengthens the immune system - leading to more dynamic, decisive and healthy workers that are cool under pressure and enjoyable to be with!



Discover how to:

- Competently apply the EFT and HCT techniques
- Significantly reduce and eliminate your stress levels
- Improve relationships with your colleagues
- Cope with 'unreasonable' expectations of others
- Enhance your job performance
- Relax and enjoy your work more - free from stress

Who should attend?

Emotional Freedom @ Work will improve personal performance as well as emotional satisfaction in the workplace. It is perfectly suited to anyone that would like to improve their performance; reduce the stress levels; re-gain a sense of balance; improve relationships; or remove self-limiting beliefs about realizing their potential.

Brought to you by



In Association with:



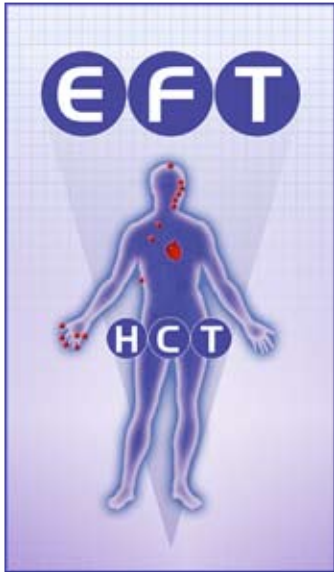
Steve Morris Associates
International Leadership Consultants



For more info on Personal Coherence visit: <http://www.stevemorrisassociates.com/EFT>

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More Information...

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Phone: +65 6538 7228
Fax: +65 6538 1662
Mona@stevemorrisassociates.com



Steve Morris
Head Coach

Course Details...

Title: Achieve Emotional Freedom @ Work
Date: Please Refer to Online Registration Form
Time: Please Refer to Online Registration Form
Venue: Please Refer to Online Registration Form
Cost: \$30
Certification: Not Applicable
Materials: A comprehensive EFT manual and takeaways are included in the course



Note: All programs may be run in-house and tailored to your organizations needs.

Other workshops in the Achieve Personal Coherence Series include:

*Introduction to Achieve Emotional Freedom • Achieve Emotional Freedom Level 1 & Level 2
Emotional Freedom for the Thoroughly Modern Executive
Emotional Freedom in the Classroom • Coach Steve's Super Stress Buster
Introduction to HCT • HCT Level 1 • HCT Professional Certification*

About Steve...

Steve Morris is Founder and Head Coach of Steve Morris Associates, a Singapore-based International Leadership Consultancy. He is regarded as one of the world's pre-eminent authorities on leadership in Asia and has provided Leadership and Team Development programs to the top leaders in the world's most renowned organizations.

Steve Morris is an inspirational personal development coach, acclaimed author, and workshop leader. His Glorious Living! and Glorious Leadership! workshops, products and services have helped thousands of people to find their inner self and to develop themselves and others to their fullest potential both professionally and personally. Steve is the author of the Glorious Living! series, the Glorious Leadership! Series and The Boy Who Climbed the Mountain.

Steve is highly respected interview subject for his expertise in holistic personal growth and development. He has appeared as a guest expert in print media, radio, TV and more recently web cast around the globe. In 2005, Steve has hosted his own 10-week radio series, Leadership for Life, on 93.8 Live. He is a weekly print columnist for Today Newspaper as well as presenter of the TV segment Start Your Day Right on Channel News Asia.

For more on Steve and his programs please visit: <http://www.stevemorrisassociates.com>

Course Registration...

Register online... <http://www.stevemorrisassociates.com/EFT>

Or simply fill-in the relevant details and fax this form:

+65- 6538 1662.

Or post the registration together with a cheque to:

LotusBloom (S) Pte Ltd
400 Orchard Road #19-05 Orchard Tower,
Singapore 238875

Please note: your reservation will not be confirmed until we have received payment. We will send confirmation to your e-mail or via post on receiving payment.

Name:	_____
Organization:	_____
Tel:	_____
HP:	_____
Email:	_____
Fax:	_____
Workshop Dates:	_____

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