

EMOTIONAL FIRST AID TECHNIQUES FOR SELF-CARE WORKSHOP



Presenter Ange Finn is an accredited and certified Advanced EFT-Tapping Practitioner and certified TFT-Algorithms Practitioner.

This workshop is for educational purposes only. It is not intended to diagnose or treat any condition, nor to be a replacement for medical or mental health care.

In this workshop you'll learn and practice self-care techniques that can help resolve the emotional charge from stressful events.

- Experience and practice self-administered techniques to quickly calm the body's stress response
- Develop your own toolbox of techniques ranging from gentle to more active
- Learn how to notice as your body and mind become calmer and more focused
- Receive handouts and resources to take home
- Techniques include Tapping (Emotional Freedom Techniques) and other body-based techniques used in humanitarian outreach around the world
- Learn simple ways to use these techniques to calm and help others as well as yourself

February 9, 2019 10:30 AM-Noon

**Santa Fe Strong Resiliency Center, 13217 FM 1764,
Santa Fe, Texas 77510**



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