

Energy-Flow Coaching Practitioner Training Syllabus

Energy-Flow Coaching practitioner training comprises a series of teaching modules conducted online via Zoom, coupled with practical exercises that practitioners complete between teaching sessions. The online course is followed by a period of intense 'on-the-job' supervision. The training course is designed to teach the basic skills which are then honed and developed during the supervision period. The course syllabus is detailed below

Basic Energy-Flow Coaching Session Techniques

- Open Awareness
- Gaining rapport
- The art of empathy through Open Awareness
- Understanding the Client's Journey
- Focusing work
- Splitting
- Using analogies
- Active Listening and Effective Questioning
- Tasking and giving homework

Theory: Basic & Advanced

- Nature of stress
- Neural pathway understanding of symptoms
- Theories of emotion
- The relationship between thinking, emotion, environment, behaviour and symptoms
- Symptoms as solutions
- Empowerment – The inside-out model
- 3 levels of Energy Flow Coaching
- Consciousness Spectrum
- Hallway of Health
- State Dependent memory
- Emotional Handling
- The nature of the true-self and false identity
- Control, resistance & allowing
- Human needs

- Homeostasis
- Offense & defence
- Definition, trust and the victim vortex
- Life Lessons and historical implications

Exercises & Applications

- 'Things to change' list & Emotional processing
- Symptom message and notes
- Getting into the body & attuning to body rhythm
- Energy Inventory
- Ideal Self
- Releasing
- Practical creation
- 3 steps to effective emotional communication
- Setting boundaries and putting self first
- Symptom removal technique

EFC in Different Settings

We will cover the application of the EFC framework to:

- Chronic fatigue & pain conditions
- Anxiety
- Depression
- Executive & Life Coaching