

## Energy-Flow Coaching Facilitator Training Syllabus

Energy-Flow Coaching facilitator training comprises a series of taught modules conducted online via Zoom, coupled with practical exercises that participants complete between taught sessions.

There are 2 phases. Stage 1 covers the underpinning theory and applications of the Energy-Flow Coaching approach and is for those are looking to apply the Energy-Flow Coaching principles and practices into their own lives and integrate some elements into their working lives.

Stage 2 is for those who would like to be a certified Energy-Flow Coach. When you become an Energy-Flow Coach you will become a member of the Register of Energy-Flow Coaches. Taking this program and obtaining a practitioners licence qualifies you for membership of the Register. Continued membership of the Register relies on compliance with the EFC Code of Conduct, undertaking supervision and Continuing Professional Development (CPD).

### **Basic Energy-Flow Coaching Skills**

- 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