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emotional freedom techniques

Boost Your People.
Boost Your Performance.

“Success is not the key to happiness.

Fear, stress, anxiety and depression are impacting people's lives today: their thoughts, feelings, actions and productivity. Emotional Freedom Technique (EFT) is a simple, easy-to-learn technique that improves people's performance in all areas of their work and lives. It empowers people to excel—personally and professionally.

EFT helps people:

- Release stress and anxiety
- Improve energy and increase motivation
- Dissolve anger
- Overcome fear and grief
- Break through sales comfort zones
- Resolve conflicts
- Get relief from physical pain in minutes
- Improve relationships
- Create harmony and focus

Simply put, EFT helps people feel better—physically, emotionally and mentally. What has this to do with your business? Everything!

“Private victories precede public victories.”
—Stephen Covey

Happiness is the key to success.”

— Albert Schweitzer

EFT gives people the ability to remove the obstacles that are blocking them from their goals and success. This self-applied technique is direct and effective, EFT boosts your greatest asset: your people. It creates positive change that translates into improved performance for your business. As the saying goes, nothing succeeds like success!

Results are dramatic and quick, and are clinically proven 85%.



Kimberly Bauer

Kimberly is a certified EFT practitioner and peak performance coach. She works with organizations to awaken employees to their highest potential by eliminating obstacles to their success, prosperity and well-being. Kimberly has been a guest speaker on KEST Radio and Health Talk Radio, and teaches stress reduction, anger management, pain management and self-empowerment in the San Francisco School District. She has worked in the health industry with Kaiser hospital employees to improve their relationship, stress, & anxiety issues. She worked as a senior executive for a Fortune 500 company for over a decade.

- Corporate Group Workshops
- Corporate One-on-One Sessions
- Workshops on empowerment solutions
- Office Sessions

Call for a free consultation and needs analysis to improve performance in your organization. Custom group packages can be arranged.

Greater success is in your hands!

