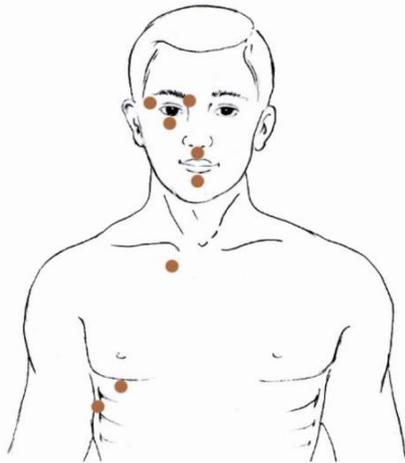
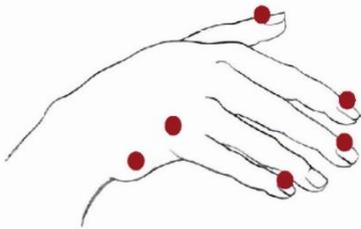


Tapping Points



This illustration is provided for your reference after you have learned the Basic EFT Recipe



Testimonials

'As a currency trader success is about consistently achieving your desired result and always going forward. I suffered for the longest time from a lack of consistency and not knowing why, which for me is the definition of frustration. Since I started working with Helen I enjoy success every day. And I will certainly continue to use her services for the foreseeable future. She is my mind coach, making sure my mind is clear, calm, grateful and silent. She is my preventative medicine. She is a wonderful coach, who leads lovingly so that the very best in me can freely find expression through my daily activities.'
KKM, Dubrovnik, Croatia.

'Helen is an extraordinary coach. I have never felt so understood and supported. She truly listens to you and helps create a blueprint for your ultimate goals. She sees you in your perfection, even when you don't, and helps you achieve that state with loving guidance. She is an angel in human form.'
PRD, New York.

'My experience with Helen was just amazing. I was able to get to some emotions that had been buried for 40 years in just one session. Not only do I feel like a weight has been taken off me, but I now understand why I lacked assertiveness. I don't anymore!'
Dr L, UK. PhD.

'Working with Helen has taken me to a deeper level of release from old patterns. Helen is wise, empowering, attentive and nurturing and has a natural talent for working with people. I feel relaxed with Helen and am confident in her abilities.'
JT, Hawaii.

'Helen's skilled use of EFT changed my confidence. Without her help and guidance I doubt I would have been able to successfully achieve my goals. Helen has my continual gratitude.'
JA. RN. United Arab Emirates.



Helen P. Bressler
BSc, EFT Cert I, CPC

*Personal & Corporate
Coaching*

*Self-Improvement
Stress Reduction
Work Performance Enhancement*

*Improve health/relationships
Enhance communications/productivity
Achieve dreams & goals*

Tel: 1-702-234-6337
Email: optimumevolution@gmail.com
Visit: www.optimumevolution.com

Telephone/Webcam appointments
available.

Personal Coaching



Having dreams and goals is awesome, but without direction and vision they often fail to come into fruition. Coaching

provides the clarity, direction and vision to take you from A to B. EFT addresses the core issues, behavior patterns and limiting self-beliefs which block growth. Helen works with individuals to deepen self-awareness, enhance self-esteem, attain goals, reduce stress, improve relationships and achieve a sense of peace and happiness. She focuses on self-improvement in all areas of life.

Corporate Coaching



For corporations, the attention is on increasing potential. This is done by focusing on stress reduction, work performance enhancement, interpersonal communications, goal setting and achievement. Organizations are increasingly aware that happy, healthy employees mean improved sickness records, greater cohesiveness and job satisfaction, and often increased profit. At management level, this means less stress, improved relationships and greater direction and clarity.

Emotional Freedom Techniques (EFT)

Based on the ancient principles of acupuncture, EFT is a simple tapping procedure that gently realigns the body's energy system, without the discomfort of needles. Unlike other energy healing methods, EFT incorporates an emotional element to the healing process, addressing unresolved emotional issues as a likely cause personal performance limits, psychological, emotional and physical discomfort. EFT is an effective method of releasing patterns, beliefs and fears which are often working beneath the surface of our awareness, but which keep us locked



into self sabotaging patterns and limitation. EFT continues to provide encouraging results, even with newcomers applying EFT to themselves. Some cases are more complex, however, and may require more detailed attention from an experienced EFT Practitioner, such as Helen.



Helen became interested in self-development at an early age following diagnosis of a disabling illness, academic failure and a sense of emotional stagnation. Through a process of self-awareness, psychological inquiry & a series of awakening experiences, Helen began to regain her health, gain clarity, direction & develop greater self-awareness. She also began to fully appreciate the power of mind and intent. She subsequently trained in various complementary techniques, coaching & EFT. Helen is renowned for effectively using EFT to address core issues, behavior patterns & limiting self-belief. As a coach she assists with clarification & achievement of goals. She continues to live her dream, holds a first class honors degree from Oxford Brookes, maintains an international clientele, is a published author and lives in the paradise that is Hawaii.

Specialties:

Success

Success means different things to different people: wealth, expanding your business, sports achievement, academia, happiness and/or good relationships. Very often people find that their efforts may achieve consistent results, but no significant *progression*. Using a powerful combination of coaching techniques and EFT, Helen helps clients clarify success objectives, build courage for self-inquiry, and step out of the comfort zone to achieve dreams and goals.

Development

Development in any area of life begins on an individual level and often reflects a subconscious belief in ability or limitation, fear and doubt. People will either *take a risk* (i.e. to go beyond the comfort zone) or stay in *perpetual stagnation* regardless of good intentions and plans. Helen's role is to get to the underlying cause and dissolve limiting factors. This allows a more able and confident self-image to emerge. This in turn, promotes self-improvement and the desired changes.

Stress Reduction

Stress gets in the way of success, health, happiness and relationships. It can lead to a lack of energy, loss of ambition, hinder achievement, generate distraction and dampen creativity. Stress also contributes directly to the production of disease or the exacerbation of already existing disease. Helen reduces stress by uncovering and diminishing hidden aspects, addressing emotional discomfort and coaching to make the small changes which yield big results. Helen has also combined stress-busting strategies to develop a unique technique she calls: *Peace Evolution™*. This amazing technique takes seconds and can be incorporated into everyday life and situations.