

Feedback – 100% YES!

100% YES! was an amazingly unique and empowering workshop that transformed where I was in my life and took me to where I want to be ... Thank you Steve, from the bottom of my heart, for a wonderful experience and one that has propelled me into my compelling future!"

--- - Jacqui Manning, Psychologist

The 100% YES! Workshop was a unique experience for me. In the past few years I have begun to seek avenues for performance improvement as a result of becoming aware that being good at something, having a skill or even the ability to take pains and work hard toward a goal do not necessarily ensure success. Furthermore, it has become apparent to me that unless I am capable of thinking and acting outside of the paradigms that I feel constrict us, I would be trapped and railing in futile fury forever, in essence fighting my own self-defeating and self promulgated limitations.

That I can express this to you in this way is the result of 100% YES! The effect of the course was to liberate me from myself. I have for some time had a sneaking suspicion that there was a key, a way of unlocking action and motivation, a way of finding the drive and it is safe to say that I have found it now...I continue to feel a sense of ease and calm and utterly capable of handling all manner of situations. It has also created a better awareness in myself ... This increased self-awareness is invaluable, a tool for life. ."

--- - Kate White, Journalist

The 100% YES! workshop was enjoyable, practical and inspiring! I'm now well on the way to achieving goals that I never even thought of setting before I attended the course. The simple, practical methods I learned at the 100% YES! workshop are not only helping me achieve my major goals, but are also helping me overcome minor obstacles as they pop up in everyday life. The techniques I learned have even worked for my five year old son who was anxious about appearing in a school play! Not only has the course helped me set some outstanding goals, it has given me practical strategies to achieve them that actually work! Thanks Steve for providing the catalyst that is taking me to the next level of fulfillment and success."

--- - David Koutsoukis. Professional Speaker and Author.

"I found the 100% YES! workshop helped me become crystal clear on what my REAL values are. Knowing my goals are in line with my values is making my whole life that much easier. Thanks Steve, you provided the missing link for me and I suspect many more who attended the workshop."

--- - James Bryden, EFT Practitioner

"The 100% YES! Workshop was truly life changing for me. Since attending I have made my dreams a reality and I am LOVING EVERY MINUTE OF IT! ... By recognising and dealing with my 'inner blocks' I am now on my way to achieving my dreams. In the last twelve months I have set up a successful company with a fantastic business partner, we have a great team working for us and we are going from strength to strength... I wanted to achieve my goals and create magnificence and that is just what I have done because of what I learnt & applied from the 100%YES! Workshops. Thank you Steve, I am forever grateful."

--- - Lenore Watts, Psychotherapist, Managing Director, Mind Advantage P/L

"Thank you for two of the most enlightening and lightening days of my life.... My relationship with money has not been a good one, I think because deep down I have a deeply held belief that I do not deserve it, with other beliefs that you have to work hard, also it is better to give than receive. All these beliefs were challenged and shaken in a way that has allowed me to develop new beliefs that will enable me to keep the money that I work for and deserve to have. How about that for a turnaround. WOW. But that's not all, along with that, so much other work was done on my self-esteem ... Life's cup of joy for me today is overflowing. Was doing 100% YES! worth it? 100% YES, YES, YES."

--- - Alexandra Boyd, M.D.

"100% YES! was the best two days I have spent on myself, my business and my future for a very long time. The course certainly broadened my ability and more importantly willingness to use EFT... Discovering my core values and how incongruent they were with the values I was forcing into my life, daily, has given me a new perspective on what is truly important to me. I can't wait to sit down with Jeff (and the kids) and work together on our family goals and values..."

--- - Cassandra Stipanicev

Finally it is more clear. A great way to identify and remove the B.S.! So that I can achieve the vision of my life I desire.

- Rocky Biasi

Feedback – 100% YES!

I have cleared emotional blocks to goals. I have found the exercises helpful. I am amazed how the taping has freed me up to do the exercises. Normally, I would balk at exercises like this and get stuck and stay stuck. It feels great to be able to take these exercises back into my life. I am confident that I am able to use them and not leave them at the workshop. I have had some major "break throughs" and feel so much clearer and able to follow through. This has been and is an amazing process. It works.

- H. Ann Schick

This 100% Yes! Workshop has been wonderful for helping to clarify both where I am at in my life now and what will be truly possible for me to achieve in the short term as well as the long term. Thank you so much Steve – you are an inspiration and your compassion is a beautiful gift.

- With love from Gandharvo

Fantastic. Thank you.

I wanted to bring to the surface what is stopping me in my tracks – make it conscious and this helped a lot and gave me tools to go home and work with.

- Jude

Thank you, I gained a lot of great insights and shifts along the way and I was delighted to notice the changes in myself from the last workshop. Things that were an issue then like blushing and being nervous asking questions, frustration or shyness were simply not there. I would still like more time on exercises/felt a bit rushed this time. I am happy to have shorter breaks or longer hours, but then I'm a "junkie"! It's hard to know at the end what has really changed as I feel the process is still going and I can't wait to be in the situations and see the changes. They are really big areas – identity issues and values and goals - so a lot to cover in a short time and I feel like I just scratched the surface but the continual tapping is great as I feel stuff is happening all the way through.

- Alison Petrie

Beautifully unfolding experience. What a way to Yes! And I did! Thank you so much what a great team you have. Yes!

Big love to you Steve

- Howard

My dream confusion of many years is now clear reality – 100%

- Dale Mackay

I feel this course has given me the tools to break through some barriers I've had to achieving my current goals. The humour is a wonderful tool and makes the process of identifying and looking at ones blocks much easier and I will be able to go more deeply into the "bad or shameful" parts of myself with a light heart.

- Miranda Reynolds

Fascinating and enlightening – thank you and well done

- Bill Cotter

A lot of clarification around the process of manifestation in a practical way. Also found the clarification on beliefs (esp. values as beliefs) useful when cleared with EFT. Awesome presentation – really appreciate Steve's earthy (grounded) style; great sense of humour too! Many thanks to Steve and 'crew'

- Tony Ioanides

100% Fantastic! I've worked out what my values are, set some goals and am looking forward to the rest of my life. Thank you

- Judith Vink

It was fun Steve – it's inspiring to see you living your values. Lot's of useful tools and techniques – I'm excited about using them. Some great material.

- Charles

"Steve's style is really innovative, entertaining and certainly a must see for anyone who is really interested in mastering Energy Therapy. PET is a more provocative form of EFT. After attending and helping at his last London Conference I was still laughing three days later.

- Tania Prince, EFT Master and AAMET Trainer, <http://www.eft-courses.co.uk>

Feedback – 100% YES!

"I had attended Steve's peak performance workshop about half a year before, and I liked the increased emphasis on sorting out your values conflicts (in 100% YES!). I wished we could have done a week just doing that. I like that the workshop is very real. No "rah-rah you can do/have/be anything you want!", rather, "decide what's really important to you, and be/do/have that!"

*Steve's teaching style is clear, and the tools he gives to help you work with EFT on the highest level are invaluable. The positive/negative polarity work we did have really shifted how I approach problems. Now it is crystal clear in my mind that there is always a positive side to every negative behavior or feeling. Whenever we are stuck, there has to be something good about it, or we wouldn't be doing it! This has proved invaluable when working with people and it has really helped me soften my attitude towards those stupid *%#@# problems.*

And not to forget, throughout all the workshops, the incredible group dynamic and atmosphere that is created. Many thanks and I am passing it on!

Warm regards and gratitude,"

- Binyamin Dov Zuriel, Israel

"Hi Steve,

It was a privilege to have taken the 100% YES class from you ... I have been working with the techniques for the past few days. Tapping while comparing and contrasting conflicting values and BS has helped me to find clarity in why I am the way I am. ... I have made strides forward on several projects that have sat idly in front of me and caused me much internal discourse...

I've had great fun working with my son and my patients with PET. I look forward to hearing from you and seeing you and David again in the future.

Infinite Love and Gratitude,"

- Douglas A. Dennis

"Coming into this workshop, I was aware of internal conflict around moving forward in my life and transitioning into what I really wanted to do. I experienced a physical constriction whenever I thought about where I was and where I wanted to go. I felt trapped, stuck and desperate for a way to make a change. As if on cue, Central Casting, through the "100% YES" workshop, sent in the perfect teacher, Steve Wells. By the end of this workshop, after using Steve's practical and effective process, my conflict had disappeared. I felt clear and as it often happens when you change a limiting belief on the inside the outside magically changes with it. I was home only two days when a friend informed me she was setting up a workshop for me to teach and already had several people who wanted to attend. I'm looking forward to the continuing ripple effect this 2 days of 100%YES will have on my life.

Thanks Steve for being a dynamic engaging presenter who makes learning and change simple and fun. I would highly recommend anything you offer as a workshop. YOU are a life changing event."

- Devi Ishaya NLP Master CT., CT. Hypnosis, Adv EFT, Gig Harbor, Washington

"I wanted to say thank you for the 100% Yes weekend in Melbourne ...After the weekend just gone I feel a sense of determination to share it (EFT) with others that I haven't had before, and a sense of belief in myself and the value of what I have to offer. You showed us not only how to work on our values and align them with what we want to create in the future, but that there is no (one) right way to do it. Just do it! And when I start worrying that I won't apply what I learned on the weekend I just tap on that.

I got a lot of out of the workshop that I can't really put into words, and knowing that you really care about the people you work with makes all the difference. Thank you again."

- Rukmani (Ruki) Bartholomeusz

"Hi Steve

It's been a few weeks since the workshop but I wanted to write and tell you how much I enjoyed it ... I had some very positive feedback from the people I worked with and some good encouragement from them re becoming a practitioner myself. So, as we finished on such a positive note, I have to tell you I went to the Small Business place down from where I work and got their paperwork and bought a CD on starting a small business and have been to see an accountant for his advice. We are brainstorming some business names at present ... and I have the business registration papers there when we've decided the name. My husband offered to transform his shed into an office for me so it feels like it's all go....

Once again I'd really like to thank you - the 100% YES workshop worked 100% for me!"

- Elizabeth (Betty)

Feedback – 100% YES!

Thanks for an excellent workshop once again! I felt a clearer 100% Yes to my plans for the next 12 months.

As I mentioned to Steve, I did the (EFT and peak performance) DVD when I was in a highly emotional state, then forgot all about it until I was tidying up & realised I had achieved 4 of the 5 goals I set within the 12 weeks. It didn't clear all my debt, but redistributed it with a lower interest rate by refinancing the house & gave me access to some much needed reduced financial pressure & funds for urgent home repairs. Having achieved that so quickly, I am trusting things will continue to flow. My new job which was to be only 4 days per week has been extended into 5 days per week permanent full time. That's within 2 weeks of the workshop. AS yet still settling into the job, but it sort of feels ok.

Having been blown away by the 12 week result earlier this year, I am one of the totally converted & eagerly anticipating the exciting fulfillment of my plans. How this will happen I have no idea, but trust the 'how' will be filled in. EFT just smooths the way for life to unfold, then smooths away the wrinkles that are an essential aspect.

Please keep me on the list for workshops... I have been referring people to your programs. Regards"

- Suzanne Oakley

Dear Steve,

I attended your Sydney [100% YES!] workshop, and like so many of the others, the workshop was a very powerful experience for me. The workshop was for me a time of testing, it was to see how effective EFT was for me, to see how many other people would turn up and to see what else would come out of 2 days of a workshop on EFT. However what I didn't count on was the upheaval of some very serious emotional issues both past and current. I think I told you that I lost my wife last Christmas and that I was introduced to EFT by my sister. The first 6 months have been quite life changing to say the least but to have found EFT in the last 3-4 months has been life saving.

In your practice you would be quite familiar with grieving process and how the experience is very individual to each person, for me I ran the full gauntlet, I even thought suicide was a real option in the earlier stages. I use to walk enormous amounts to gain some type of relief, I tried mediation, it worked some times but then I found EFT. It took a while to start working and some issues were almost instant others took longer some I'm still working on but with (now) new tools.

You showed us all the most profound possibilities of the use of SET yet it still allows me to use the traditional EFT if need be. The values session was very strong and thought provoking yet for the first time I could really understand how to find them and work with them with out working through life blinded. My late brother did try with me but I just couldn't get a hold on what I need to do. Thank you.

I am a work place trainer myself yet I work at Bunnings as a trade salesperson, I drop[ped] out of training 3 years ago and now my goal will be and is to get back into it, simply because it's my only passion to train I don't enjoy anything else more as much as being in and creating a learning environment.

Thanks to your motivation of tapping I've unblocked all the emotional issues and will be making a phone call to start my journey back to my passion. I'm looking forward to the next workshop

The learning of SET is most incredible and thank you again for sharing your passion.

Yours Sincerely

- Leslie Owen

"Hello Steve,

Thank you for the wonderful 100% YES workshop in Sydney. That weekend I discovered a lot about myself, which is the beauty of EFT, amongst other things, I had no idea I had such limiting beliefs that affected my life so much. I am pleased to say that the goal I set myself on the last day of the workshop is moving smoothly along and I expect to see results very soon. I will continue to use EFT to shift my limiting blocks, beliefs and fears as well as explore more about what makes me tick!

Regards,

- Frances Eyles

"Hi Steve

Thanks for a great seminar. The 100% programme is excellent. I have been using EFT in my Naturopathic practice for 8 years and I was amazed to discover how I could streamline the process for my clients, and I personally gained a lot from the values and goals sessions. Thanks again and I look forward to doing your PET workshop soon. Regards"

- Ian Newton

Feedback – 100% YES!

Hi Steve,

I attended your [100% YES!] course on Sat-Sun. First I would like to thank you for the course. It was enjoyable all the way. It also looked quite simple for me, using basic techniques I read about earlier [that] did not help. I especially appreciated that you did not pick on me to speak up or go to stage that I really hate as all my schooling was based on that humiliation. (tap on it..) Also, being a migrant, my baggage is huge. I arrived back safely on Sunday night, then on Monday morning the crying started. I cried all day, and still do time to time. I have not cried from the time I left Hungary 26 years ago (I did not live either). So, some blockage is clearing and that is wonderful. I also re-evaluated my values, and found that the first one is me and my "goal" is life itself. (These were not on my list.)

Many thanks and love

- **Jo-Anne (Name changed by request)**

A few days later Jo-Anne wrote us the following email:

Hi Steve,

I just would like to let you know that in the past two days my values and goals became really simple and clear. I have the answer to almost all of my questions.

It is most interesting, that what I was looking for everywhere, I found it here and now. (It sounds a cliché.)

What I listed as my problem, it is my strength. Now I feel comfortable as me.

I used the "confusion" technique then let it go. The answer came clearly and immediately, and I became very calm and felt safe.

I did not believe you, when you told us about this method, because I was already confused enough; how would it bring any answer.

I have read hundreds of healing books, have done several healing courses and I know the theories but they have never helped.

Now they moved to their place in my life creating the base and support for me.

I will collect, simplify and promote them in a simple way that people would be attracted to and can understand...

Many thanks again.

- **Jo-Anne**

"Dear Steve

Thanks so much for your amazing workshop on how to find out what values each of us really would like to live and enjoy... I uncovered a lot of ineffective beliefs that were driving my thoughts and actions and which have been stopping me from living values which are most important to me and which would give me more happiness than the values that were fear driven. The group work was good so that we could practise the tapping techniques to uncover our most important values for happiness and quality living. Your modelling of tapping and provoking exaggerated statements using the students and yourself was very effective...

The group of people at the workshop were great. Your relaxed focussed manner Steve was great and made me feel relaxed. You have an easy voice to listen to ... Thank you for being a very attentive and caring teacher Steve. I learnt many useful tools to clarify my emotions and drives and I made some new friends with whom I hope I will be able to meet up with and practise some of the techniques learnt on the course.

Take good care

God Bless,"

- **Oriana Rizzardo**

"Thank you Steve for 100% YES - the painless guide to discovering what you REALLY want - and making it a reality!! I've done those 'happy-clappy-rah-rah-change-your-life' courses in the past - and ended up in tears because I didn't actually know what I wanted - yet felt I was being pushed to set goals to achieve 'something'. And consequently I felt inadequate as a result. Your 100% YES workshop was totally different! Firstly, there is the continuous tapping - which helps to deal with any emotions that arise. Then, the process accepts where you are at present - and then keeping with that acceptance - guides you to what is right for YOU the participant - not for the presenter. With your humour, integrity and skill in Provocative Energy Therapy, you create a great learning environment - or should I say 'experiencing' environment - as its very practical and about the participant. I had several insights on the weekend as to some of my 'blocks' - there is a lot more work I want to do - but I know that by the time you come back to the UK next year, I will have made great leaps forward!

Sunshine and smiles"

- **Sue Millett, Energy Coach, London UK**

Feedback – 100% YES!

"Hi Steve,

Thanks again for holding the Sydney 100% YES! workshop. It was fabulous! Somehow gentler than I expected yet it achieved so much. When I left I felt like I had left something behind - then I realised it was some of my baggage! What a relief! I met some lovely people and have continued to feel great throughout the week. You won't be able to stop me tapping!"

- Jane Louise

"Hi Steve I know how Aussies are always very bashful about praise. However you are just going to have to suffer.

This workshop was by far the best that I have ever attended. I have attended and even given workshops and done so in several languages, but you certainly taught me a few things.

First this workshop was obviously all your own material. It was truly a breakthrough in helping me to understand the emotional, mental and spiritual basis of my life here and now. You were very generous in mentioning other people's efforts but you took all this existing material that very vital step further.

CONGRATULATIONS

Frankly I was knackered afterwards for several days, letting it all sink in. I just wished I had known all this several years ago. Even now as a retired old codger it has been fantastically useful because it meant that I had to review the tenets of my belief system, values and goals. Even though I have felt knackered because the workshop was so incredibly intense and because I had to reframe my present beliefs, especially about money and the world of the art galleries, yet within almost minutes I had several wonderful ideas which I shall use to change these beliefs INTO REALITY. In fact I started working all the hours God has given me since my discovery and I attach some of the results.

They are abstracts from my own paintings. I have assembled some 863 of my numerous unrecognised paintings by scanning onto disk. Now I have assembled some another 367 abstracts just during this last week. I have really begun to move aesthetically once again. It is amazing what a little validation and encouragement can produce.

On going over my notes today for the first time, I realised how amazingly well structured your workshop was. Because of your wonderfully funny presentation it stuck in the mind. That is a gift. As a foreign child in the UK, I could always remember the lessons of the teachers who could make them amusing and interesting and relevant.

The approach of conducting workshops with encouragement and feedback is another lesson to me. It happened naturally in Indonesia but in England? Come on...

Other benefits that I gained include:

Loss of constant manic mental activity. Oh the peace.

Loss of body weight: 6lbs

Total loss of restless leg syndrome. I can sleep deeply without undoing the bed whilst doing so. HAHHAHA

Greater physical and mental relaxation.

Finally I have greater energy and mobility and this has resulted in greater positive activity.

Why has all this come about?

The workshop validated most resoundingly my past efforts, what I now believe in and stand for and what is more it stated precisely WHY. Just for that it was invaluable to me.

Last and certainly not least is the continuous finger tapping and tapping the place below my nose and chin. As negative thoughts and events come up I can tap on them without people noticing and then they just go away. Any positive beliefs which persist after tapping are my true beliefs. I do not get upset now, or not often. I just tap.

When I re-read all this I am amazed at how you managed to get through it and how you controlled the audience with tough kindness. You are truly UNIQUE and I am really grateful that I have met you. It is easier to write all this by email.

A resounding THANK YOU"

- George Jelinek (The noisy, bearded one with the dirty laugh)

Feedback – 100% YES!

"Hi Steve! Firstly, a very huge thank you! I loved the gentle, present and hilarious way you facilitated the 2.5 days. I found it so incredibly useful and let go of so much baggage as well as coming a way with a tool I am using EVERY day...some days...most of the day!!! It has had a deep and transformative effect on my relationship. I feel as if we left having smashed through so much enmeshment and dependency. So much so, that we didn't know what was left for a bit! But with continuous tapping and working we are coming through into something very much more beautiful. The contact I had with you Steve was so gentle and compassionate. I am looking at making the decision about not having a child and you were so tender and real with me...you touched me deeply, thank you. I very much hope to come in April and will book soon... Huge love and appreciation for the work that you are doing and the love that shines from your eyes (especially for your family!)."

- **Vanya Green**

"The 100% Yes course is everything it promises to be. I gained wonderful insights into how I was thinking & feeling, and what was holding me back from reaching my goals. I can't thank you enough Steve for the help you gave me. It was like the penny finally dropped and I could see where I had been self-sabotaging myself and why. After a lot of tapping on the multiple issues that surfaced I now feel really confident that everything is going to work out. Thank you so much... I'm planning on coming to your course in London in April... hopefully I will see you again then..."

Big hugs"

- **Moira McFadyen**

"Thanks for a really fantastic workshop. It was incredibly useful and has set me on the path to properly defining my goals in a way that I can finally get past the planning stage (where I usually get stuck) and actually achieve them!

The whole weekend was full of great experiences. I particularly liked the clearly defined steps to the goal definition process, and the value definition exercise. The only way in which I think the workshop could be improved is to give more time to the parts of the process that we did on Sunday ... as they are the critical part it would have been good to have more time to consider them. Other than that it was all fab!

Many thanks,"

- **Suzanne Cooper**

"A very interesting 2 days that more than lived up to my expectations. The biggest gifts I received are: 1) I am now a confirmed continual tapper!!! 2) I can do amazing work on myself and my clients in just 5 minutes. 3) I now know what my main values are - a bit of a shock at first but my life seems to make more sense now that my values are in the right order! 4) To echo [EFT Master] Jacqui Crooks', I too had many "aha moments" and am grateful for them!! Best regards,

Joelle Boucher, EFT Practitioner (Level 3)

"Hi Steve,

I really enjoyed your workshop. I found it very valuable to have two days to think about and feel my values and to be given tools to dig deeper at them. I found the exploration of the values particularly useful; the distinction between what I want to value and what I do value, and what drives me now and what I want to drive my life.

I realised that mine are quite medieval, and that I feel a bit shy about expressing them - but that's ok (I can tap on it). I also got the stark realisation that I need to build up my health to be able to do what I want to do, and that I therefore need to prioritise it above everything else for some time (at least). I knew before that I needed to do that, but since the workshop, I've actually done something about it. I've done yoga everyday and I'm really enjoying it. It's a big change for me and I'm really quite exited about the shift.

Thank you for coming up with this well thought out workshop and for giving us very practical tools for exploring and sorting out our values. It shifted something within me that I'm most grateful for. Thank you again. Take good care,

- **Marie Ann Ostlund**

Hi Steve

Really enjoyed your workshop and got loads out of it. It was the first I've done with you - only been doing EFT since Feb - but I'm sure it won't be the last. I love the idea of continuous tapping and working with values was a real eye opener! Didn't make any notes at the time - as you suggested, it was better to just listen and tap! Would love to make it to the April workshop in London with you and David...It was great to meet you, and I look forward to the next time.

Warm wishes,

- **Belinda (Gail) Clarke**

Feedback – 100% YES!

Dear Steve

Thanks a lot for ... that great workshop in London. I didn't forget about writing a feedback to you but I wanted to take some time in order to do it in a really proper way :-)). First point. So, here I'm going to write it spontaneously and in a definitely non-proper way...

I'm in a not very easy situation right now and concentrating on finding my way through everything... The first days after the workshop I was consulting my notes quite often and tried to figure out my values and their order. I was a bit confused and then changed to everyday tapping, as I call it: I tap on everything that comes to my mind. Make lists of topics when I'm in the train and tap them right away or tap them at home.

I was watching your Peak Performance DVD and kept being involved in working and tapping. This DVD is a really great help! It brings back the wonderful and positive atmosphere of London, your positive vibes and your humour bring me 'back on track' when all my but's and fears come up and my past experiences! It's a really wonderful help and by comparing it with the workshop in London it's interesting to see how your performance was developing in the years inbetween. I'm very impressed and will keep learning...

I'm continuously working on my values and it's amazing to dig deeper. That's a great working tool and thanks for the work we did on it. I also very much appreciated your personal inputs from your life and background: they are some of the best 'reminders' that inspire me to keep going ... now I have the tools to really work on all the fears, the emotions, the but's that were preventing me from being really successful ...

So, the London Workshop was my clear eye-opener and turnaround point! And ... my thanks to you are coming from the bottom of my heart! ... I decided to attend Level 1 and Level 2 Workshops of Gwyneth Moss now in November in Ilkley: I want EFT becoming the tool for my own business I'm going to build up. That's another effect of the London Workshop - the most inspiring experience I had for quite some time!

So, thanks a lot for teaching, sharing, inspiring and therefore really making a difference in the world!
Keep well, best wishes,

- Heike Lorenz

Here is our feedback from the 100% YES! workshop:

Ash: "I really enjoyed the opportunity to explore EFT some more... Although I have obviously been exposed to EFT before, I have never really used it regularly ... I certainly came away from the workshop more focussed and fired up. I have been amazed at how my values and goals have changed over time and I really got a lot out of having the opportunity to identify what is important in my life. I set a goal in the workshop of "having more life experiences with our children". The next weekend when Grace asked me to go camping, instead of making excuses as to why it was too hard, I identified the opportunity to work towards my goal, erected the tent in the backyard and went camping. It actually wasn't that hard!!

In the workshop I enjoyed your relaxed and personal way of presenting. The two days proved to be entertaining and empowering. I really enjoyed the opportunity to practice EFT in the client/counsellor roles. I enjoyed focussing on listening to people's problems, reading their body language and being open to their emotions for the first time."

Jo: "Thanks Steve for yet another wonderful inspiring workshop. I realised that I have been coming to various workshops run by you for 14 years!! I really enjoy your presentation style (or maybe I just don't learn anything and have to keep coming back to learn something!! ?). I got heaps out of the workshop. Despite using EFT with my clients and running my own workshops on EFT – I found that there is still more and more to learn!! As Ash said, it was fantastic going to the workshop together – it was really nice to share our values and goals with each other. As a consequence of the workshop we set aside one night each week to use EFT and work towards our goals. (You should think about advertising some 'couples' workshops). As always, the workshop was inspiring and empowering – thanks for introducing us to the wonderful magic of EFT and inspiring us to use it to become the people we want to be!!" ...

Take care,

- Jo Wiese, Psychologist, and Ash Wiese, Farmer

"Thank you for a wonderful weekend workshop. The group was proactive and enthusiastic and you presented a full and fascinating program with your usual energy and Aussie humour! I learnt heaps of practical techniques to articulate my values, beliefs and goals and, just as importantly, to identify what's blocking me from achieving what I really want. Since the workshop I've taken my life in both hands and gone ahead bravely with plans I would not have put into action without your 100%YES! Thanks for making it all such fun.....things sink in so much more with laughter and good humour I find. I'm really looking forward to continuing learning PET techniques with you and David. With love and good energy,"

- Michelle Clemons x