

# Slow Sunday EFT

## Sessions

### Join us

Sundays

February 06, 2022

February 13, 2022

February 20, 2022

February 27, 2022

9:30AM - 10:30AM

Via ZOOM

\$20.00 for 4 sessions

[Register online](#)

### Contact:

Lisa McIntosh

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### WORKSHOP EVALUATION



Thank you for completing a short survey of this workshop, it helps us deliver the programs you want to see.

[sscs.ca](http://sscs.ca)

# SLOW SUNDAY EFT SESSIONS

a CCRR Sea to Sky event



## Shannon Kerr, EFT Practitioner

Shannon Kerr is an Advanced EFT practitioner who specializes in helping relieve stress and overwhelm to develop stronger self-love practices.

Shannon has also worked in the childcare field, so she understands the stress and fatigue being felt by so many these days.

### WORKSHOP

Emotional Freedom Technique(s) "EFT" is a self-healing, stress management tool that allows the nervous system to soothe and process difficult emotions or situations. The practice is done by tapping on certain acupressure points and meridians of the body while voicing thoughts and feelings out loud.

There is also opportunity to vent frustrations, refocus negative thought patterns to create a new growth mindset for the upcoming week.

Each session will be 45-60 minutes long so come in your jammies with coffee in hand, camera on or off. This is your chance to settle racing thoughts and remind yourself of how you want to feel as you do the important job of childcare.

This event is available to educators in the sea to sky corridor only.

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