

*Release, heal & transform  
using EFT Tapping*

Meeta Darji  
Mental Resilience Expert

# The Lived Experience: My Resilience Story

- ❖ 11+yrs PR & Communications
- ❖ Award-Winning Inspirational Speaker – ‘Lived Experience’
- ❖ Corporate Wellbeing & Stress Resilience Workshops
- ❖ Transformational Wellness Retreats
- ❖ 1:1 Transformational Trauma Healing & Lifestyle Coaching
- ❖ Mental Health and Wellbeing in Schools

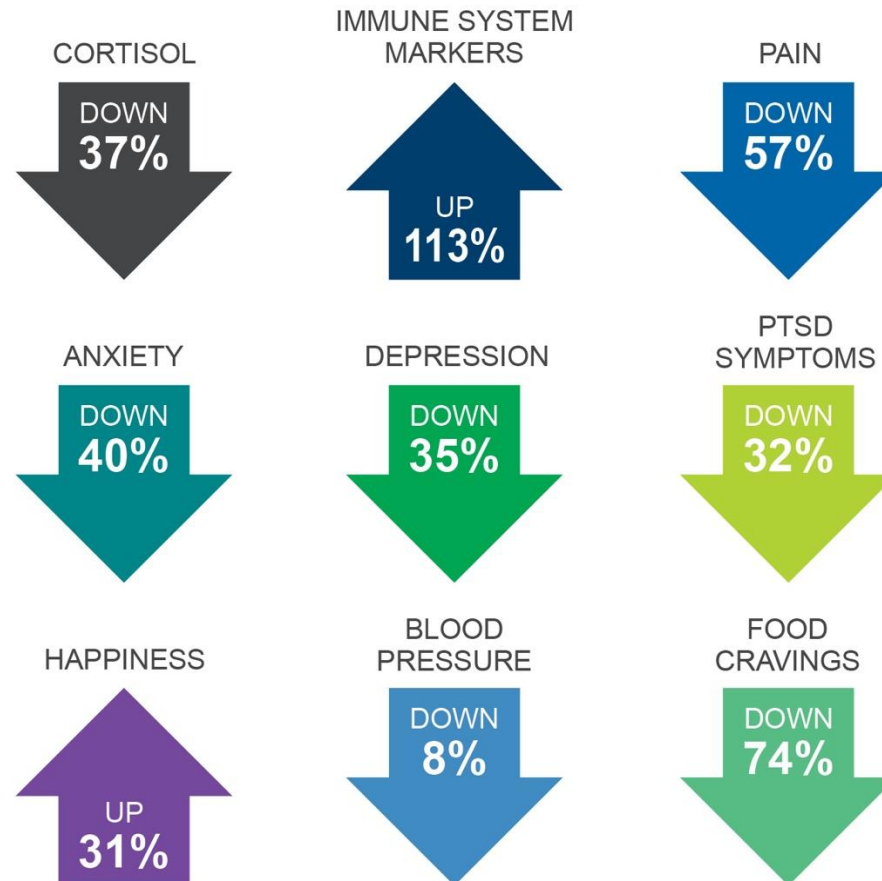


# Emotional Freedom Techniques (Tapping)



*Science-backed tool to regulate your nervous system, rewire your brain  
and change your emotional state in minutes*

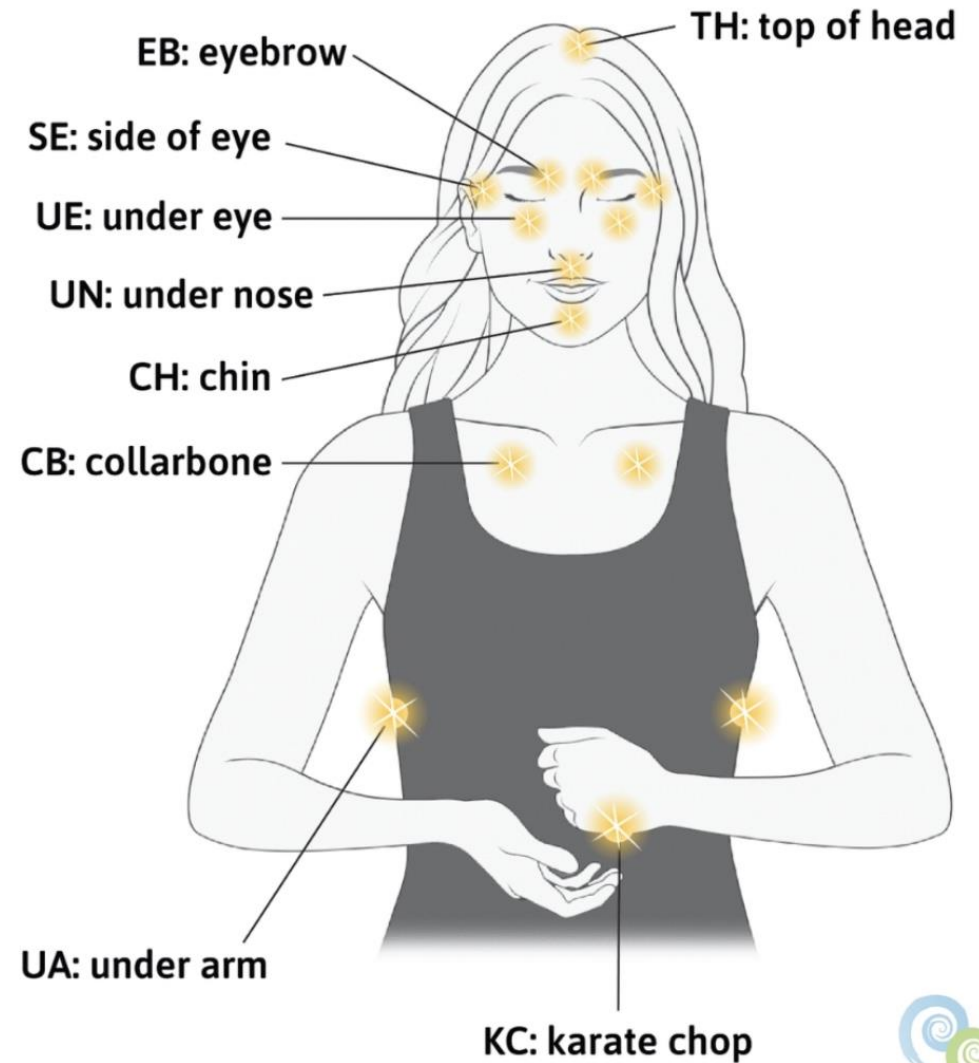
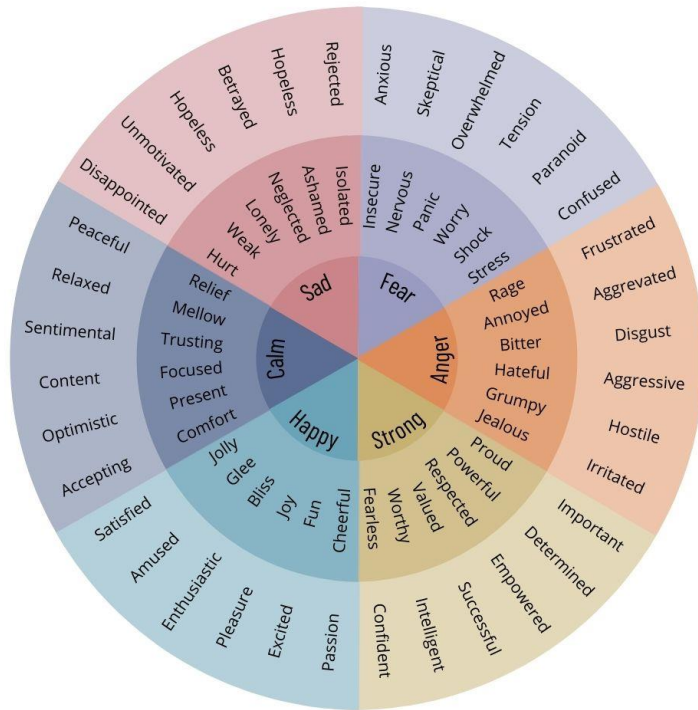
# Clinical EFT Improves Multiple Physiological Markers of Health



© Mind Heart Connect 2018. Bach, D., Groesbeck, G., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018). *Journal of Evidence Based Integrative Medicine*.

[www.evidencebasedeft.com](http://www.evidencebasedeft.com)

# EFT Tapping experience





# The Ripple Effect...

*"I can't quite believe how tangible the benefits have been and how quickly I have felt them!"*

*I went to the gym on Tuesday and absolutely smashed my personal bests! Suddenly **my performance improved by 15-20%** in each one.*

*And my **performance has remained elevated since.**"*

*"After my session with Meeta, I had **the BEST and most restorative night's sleep in ages!** Feeling revived and ready for the rest of the week!"*

*"For the first time I feel I can **conquer anything now** that I have faced this fear.*

*Meeta is an extremely wonderful practitioner who can seemingly move mountains, especially those in our minds!"*

*"Complete internal shift **from anxious and worried to light, soft and warm** – thank you, thank you!"*

Thank you!



***I can help you:***

- Manage anxiety, stress & overwhelm
- Release negative emotions
- Let go of limiting beliefs and rewire the brain
- Public speaking
- Heal from trauma
- Overcome fears and phobias
- Boost self-confidence
- Manage physical pain
- Sleep strategies

I understand that Meeta Darji of 'Naturally Nourished with Meeta', makes no claims to diagnose, treat, prevent, mitigate, or cure any disease or disorder and that no information granted during this presentation is to be construed as medical advice. Each individual holds within them the power of self-healing and the power of choice. The ultimate responsibility for your health and for your choices lies with you. If you have any concerns regarding your health or mental state, please seek advice or treatment from a qualified, licensed health care professional.

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