

## Eft Tapping Sports Performance

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### **Pamela G Silsby - EFT Universe Learn EFT Tapping Emotional ...**

Note: This content assumes you have a working knowledge of EFT. Newcomers to emotional freedom techniques, also known as EFT, Tapping, and EFT Tapping can still learn from this content, but are advised to get the EFTUniverse Free EFT Get Started Package and/or EFT Books and/or attend EFT Training Workshops for a more complete understanding of EFT.

### **EFT for Sports & Other Personal Performance | Sports ...**

How to Enhance Sports Performance with EFT Tapping By B. Thomson, PhD I recently worked with the entire Red Wing High School Girls Basketball team (in Minnesota), using EFT to improve team performance.

### **EFT Tapping For Peak Performance In Sports**

EFTs effectiveness for improving sports performance has been described by many athletes. From professional golfers to amateur tennis players, they've found that there's a layer of anxiety that holds them back from doing their best. EFT can quickly remove that anxiety, allowing all your ability to shine through.

### **EFT Sports Performance | Athlete Training | Adult Workout ...**

There are many potential points for applying EFT / SET to enhance performance in sports. These include: Releasing tension/anxiety associated with performance - Have the athlete visualise the situation beforehand and apply EFT / SET to any anxiety that comes up.

### **Enhancing Sports Performance - EFT Downunder**

Blog EFT Tapping Sports. To watch an athlete like Tiger Woods make history during the 2019 Masters Golf Tournament was mesmerizing.

### **Maria Cochran - EFT Practitioner**

EFT Practitioner Matt Hollo, M.ED, EFT-INT, works with high school student Gregory to improve his performance in competitive swimming by collapsing his fears, negative thoughts, and past negative ...

### **EFT Tapping for Olympic sports and Baseball aka Feng Shui for the face!**

EFT can help you use your subconscious to improve your performance by quieting the mental noise that tends to get in the way. Rather than trying to consciously think your way to a better swing, you can let your brain absorb the information, give your body time to practice the movement, and use tapping to release your anxiety and clear the way for your body to incorporate those instructions on its own.

### **EFT / SET for Enhancing Sports Performance: - EFT Downunder**

Brief EFT sessions have been demonstrated to improve sports performance and reduce anxiety. Methods: Female college athletes (N = 10) with traumatic memories were assessed on three self-reports and one objective measure (pulse rate).

### **EFT sports performance -- want to be a champion? | General ...**

Contact EFT practitioner, Pamela G. Silsby, MA, LPC, NCC on EFT Universe. Pamela is also a Law of Attraction Coach that uses a variety of techniques including: EFT Tapping, Energy Psychology techniques, Guided Imagery, PSYCH-K, Muscle Testing, and Matrix R

### **Sports Performance Statistics and EFT Tapping | EFT ...**

EFT or Emotional Freedom Techniques is used very successfully for achieving Peak Sports Performance and quashing pre-race nerves. You may be an aspiring Olympic athlete, and you want to clear...

### **Eft Tapping Sports Performance**

EFT Tapping is an effective and simple technique to learn. Many professional athletes and aspiring Olympic athletes want to perform at their highest level during competition, and are aware that it is their mental & emotional state that often falls short under intense pressure.

### **Blog EFT Tapping Sports**

It involves simple tapping procedure without the discomfort of needles. Properly applied, EFT quickly realigns the energy meridians while the client "tunes in" to their problem in a gentle, conversational manner. ... EFT has shown impressive improvements in a wide variety of issues including. ... sports performance. animal healing. Private ...

### **How to Enhance Sports Performance with EFT Tapping ...**

EFT removed any of his performance mental blocks so he could perform well under pressure at what he already knows how to do. This is true for all my athletic clients. EFT simply removes the mental blocks that stand in the way of performing at their highest level, whatever that is. The highest level isn't the same for every athlete.

### **EFT for Sports Performance - Practical Happiness**

EFT can generate impressive benefits for EVERY sport from soccer to platform diving to everything else. This is because the principles are the same regardless of the sport. To emphasize this, Guillermo Penia from Spain lists his accomplishments using EFT for nautical sports.

### **Home | EFT Universe Learn EFT Tapping Emotional Freedom ...**

Applications of EFT / SET for Enhancing Sports Performance: By Steve Wells It is generally accepted that at the top levels of sport the major differences between players and teams is their level of "mental toughness" and focus. This is easily evidenced when an athlete produces excellent results one day and dismal results the next.

### **Is EFT the Secret to Enhanced Athletic Performance ...**

welcome to eft sports performance For over 25 years EFT Sports Performance has been bridging the gap between strength training and sport training. Through the use of dynamic, movement-based exercises EFT has helped hundreds of college, professional, and Olympic athletes compete at their highest level.

### **EFT - Emotional Freedom Technique**

EFT International is committed to advancing and upholding the highest standards for education, training, professional development and promotion of the skilful, creative and ethical application of EFT (Emotional Freedom Techniques or "Tapping").

**Tapping - How Professional Athletes Use EFT - Tapping by ...**

As for sports performance there are results there too. Gary Craig, the creator of EFT, detailed a study using EFT with basketball teams. Greg Warburton at the Oregon State University tested the results of EFT compared to a placebo on free throws. The results were a 38 percent improvement.