



Hopscotch – noun : Game, childhood, fun, numbers designed on pavement with chalk

Having a background in NLP, Coaching, Communication, I have developed this process in an attempt to take a new approach to drug rehabilitation and alcohol addiction, based on the last three years working with clients at the New Beginnings Day Structure Programme, their feedback and challenges they have shared with me.

As an outsider, i.e. Life/Communication Coach Trainer and Energy & Meridian Therapist, my only wish is to help the client take the opportunity to use new tools to make personal change. What I call “NLP in the Community” is a 7 week Course that so far has had some good results, however, even when I know clients have the tools and knows how to use them, all too often I see them in a distressed or anxious state, which eventually results in them going back into a chaotic lifestyle.

One of things I notice all the time is the client’s language; their communication, it is the language of doom, and failure, which keeps them in emotional turmoil. It is because of this that CC-EFT Hopscotch evolved.

The Workshop and workbook outlines:-

- The Feedback and Failure Frame
- 6 simple interventions using NLP when working with addictions
- 4 basic steps of Compassionate Communication
- EFT (Emotional Freedom Technique) How to Tap, techniques that can help move a client forward and result in effective behavioural changes.

Clients will learn the 4 basic steps of Compassionate Communication, and its use in the game of Hopscotch, with the added benefit of learning EFT (Emotional Freedom Technique), to help them through difficult issues.

At the end of this course each participant will have a new set of skills with which they can help themselves and others. During the course they will work on themselves and each other to practice the techniques.

Margaret Abraham – Life/Communication Coach

EFT Practitioner