



Learn Quick and Easy TAPPING TECHNIQUES

Practical tools for finding greater calm and balance in everyday life

WEDNESDAY & THURSDAY | NOVEMBER 11 & 12, 2026

1:00–4:30 p.m. EST • Toronto / Eastern Canada

6:00–9:30 p.m. GMT • Ireland & United Kingdom

ONE COMPLETE FULL-DAY COURSE, DELIVERED OVER TWO SESSIONS

Attend both days to complete the training • Live on Zoom

Learn tapping techniques to help you:

- Ease stress and anxious feelings
- Shift negative self-talk
- Work with fears and phobias
- Release anger, guilt and shame
- Interrupt procrastination
- Support more restful sleep
- Build greater emotional resilience
- Support the healing process
- Quiet an overactive mind
- Move beyond feeling stuck
- Ease emotional triggers
- Navigate grief and sadness
- Change self-sabotaging patterns
- Ease emotional and physical pain
- Respond rather than react
- Enhance focus and performance

No previous experience needed.

Plenty of opportunity to practise tapping techniques with others during the class.

Where tapping began: Dr. Roger Callahan developed TFT tapping, the original method that inspired EFT. Learn patterns for everyday challenges, focus, performance and goal achievement.

FIRST-TIME PARTICIPANTS

\$210 CAD

Includes 30-min private session with Fern

(\$75 value)

RETURNING / REFRESHERS

\$60 CAD

Certificate of Completion provided • Fern Wolf, Certified TFT Trainer

Participant testimonial: “With my background in EFT, I found Fern Wolf’s TFT Algorithm Class to be truly next-level. It helped me relax and release old emotional patterns with ease and grace in a way I hadn’t experienced before.” — Mark Anderson

www.goodvibrationshealth.com

To reserve your place, email Fern: fernmwolf@gmail.com