

# Your Inner Power

workshop by  
Jeannette van Uffelen

LEARN TO  
RELEASE  
STRESS AND  
USE YOUR  
SUBCONSCIOUS  
MIND FOR  
BETTER RESULTS

## 1. Vision and foundation

What is stress? - What is perception? - How to release stress?

## 2. The basics of Tapping

WHY use it? - WHEN use it? - HOW to use it?

## 3. Transformation

“When you change the way you look at things, the things you look at begin to change. We can choose our thoughts. During our lives we’ve learnt fears and beliefs, which do not really belong to us, so we better let them go. Because we are much more than our fears or beliefs. We are unlimited consciousness.”

(Jeannette van Uffelen)

Stress is the cause of most problems. The body follows the mind and that’s why letting go of (unconscious) thinking patterns and replacing them by beneficial ones, leads to recovery from disease and improvement of your life. And this process is faster and easier than most of us believe. You don’t need to understand WHY it is like this. Only be READY to CHANGE!



Jeannette van Uffelen is a naturopath and Stress Release Specialist from The Netherlands. She's an advanced Faster EFT (Level 4) practitioner, a registered HQT® (High Quality Therapist) and Certified member of IAPCH (International Association of Professional Conversational Hypnotherapists).

She has helped thousands of people from all over the world by sharing her knowledge in workshops and sessions. She facilitates the elimination of stress.

People say she brings lightness in live and solving serious problems and impediments with her appears to be simple and even fun. Her reputation is one of: straightforward, with humour and loyalty. Her promise is that she works fearless and upfront.

Greece is her second home country and she has been travelling the mainland and many islands since more than 30 years. She's also an icon painter in the Orthodox tradition, as another way to focus and express in the art. ([www.iconartlove.com](http://www.iconartlove.com)).

Jeannette will do a weekly workshop and is available for individual sessions in **Anilio** ([www.kalikalos.com](http://www.kalikalos.com)) from **June 29 to July 12**.

---

“Jeannette is truly dedicated, generous and passionate about helping others heal. Her approach has been very subtle and I easily developed a sincere trust in working with her. She maintains a friendly and caring attitude while zeroing on to the difficult issues and thoroughly working them through. She also has a wide range of experience and knowledge which made it very easy for me to share with her many issues on many subjects. (Richard Downs, Violinist & Composer, North Carolina, USA)



“Jeannette is a warm and very thorough specialist who goes to the root of the problem and she is always capable to build positive replacements (for every painful memory). Although you work on serious issues, she's using humour at the right moment. This makes the session a good job and a funfull experience at the same time.” (Connie Yndal Pedersen, Professional dancer & trainer, Kopenhagen, Denmark)

“A professional in the true sense of the word. She cares for you! She cares enough to be entirely prepared for every session. No information I give her stays unnoticed or unused. And don't be fooled by her compassionate listening. She is relentless in acknowledging all mental constructions as she breaks trances and limiting beliefs. Trust is the word that comes in my mind before, during and after my sessions with Jeannette.” (Andreas Mesarites, Managing Director at A.G.Mesarites Brandbuilders, Nicosia, Cyprus)



---

If you want to book a session, contact her! She's HERE now and open for questions at any time she's free. Call her by phone **+31613223075** or [yes@jeannettevanuffelen.nl](mailto:yes@jeannettevanuffelen.nl).  
See the website <https://jeannettevanuffelen.nl/your-inner-power-greece>