

# Transformational Life Coach Gillian Small to be Featured on CUTV News Radio

NORTH AJAX, ONTARIO, CANADA, September 25, 2017 /EINPresswire.com/ -- Many of us deal with countless symptoms of depression, stress, and anxiety by taking antidepressants and other countless drugs. Often enough this comes with unwanted debilitating side effects.

Gillian Small is a leading Transformational Life Coach offering clients three modalities yoga, reiki, and Emotional Freedom Techniques (EFT) for life long healing. EFT, also known as meridian tapping, is an energy psychology tool and the main modality she uses, which she describes as getting to the core root of the underlying anxiety.



“Tapping is a cross between cognitive behavioral therapy and Chinese acupuncture but without the needles,” explains Gillian. “As you’re talking about the issue at hand whether it be a trauma, bothersome event, anger, grief and even the physical pain in your body, you tap with your fingertips on specific acupressure points. This acknowledges, processes, and then releases anything that is not serving you and keeping you stuck in your life.”

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*Gillian Small*

According to Gillian there are many benefits to tapping, but one of the most important is how tapping releases the emotional pain and neutralizes limiting beliefs that people are not even aware they have. This opens them up to the possibilities of living a fulfilled, peaceful, and joyful life.

“The great thing about EFT tapping,” says Gillian “is that people can use this tool on their own time in between sessions with me, to help calm their stress response in the moment and move to a place where they can function productively throughout their daily lives.”

Gillian found tapping five years ago through her own years of painful struggles with anxiety and panic attacks. Her refusal to rely on heavy medications to manage this anxiety, led her to a personal journey of self-growth and her purpose and life’s work to become certified and accredited in Emotional Freedom Techniques, a Reiki Master, and a Yoga instructor.

“Emotional Freedom Techniques made me realize everything I need to be happy is already within me.”

says Gillian. "Once you start tapping into your heart and soul, you find the joy and magnificence we all have within us. No one should have to live in pain and suffering."

Gillian developed an intense 8-week program Transform with Gillian for clients to choose what is best suited to their physical and emotional well-being.

"Most of my clients come to me because they have anxiety or they are feeling overwhelmed or stuck in their lives," says Gillian. "I guide them and we work together in a safe environment. It helps to change people's energy so they feel empowered to handle challenging situations that come up in their daily lives and ultimately to live more fulfilled, peaceful, and joyful lives."



CUTV news will feature Gillian Small in an interview with Jim Masters on September 27th at 10am ET.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest please call (347) 996-3389

For more information on Gillian Small, visit <http://www.eft-transform.com>

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