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HIGH SCHOOL ATHLETES INVITED TO APPLY FOR FREE PERSONAL COACHING
Specialized therapy used by athletes worldwide to gain competitive edge

Strongsville, Ohio – (March 10, 2008) – High school athletes looking to gain a competitive edge may be able to gain one, courtesy of a Strongsville coach.

Certified Energy Coach Betsy Muller will select three high school athletes to each receive four sessions in which the student will learn Emotional Freedom Techniques (EFT), an innovative self-help technique based on the ancient principles of acupuncture used successfully by athletes worldwide. The value of each package is \$300.

"Many athletes hamper their performance with their own conscious or subconscious limiting beliefs," explained Muller. "I will teach them how to use EFT to enhance their physical abilities by removing those disruptions."

EFT is one of the most commonly used Energy Psychology therapies and involves tapping on specific acupuncture points to gently realign the body's energy. Believing that emotional and physical health conditions are related to disturbances in the body's electromagnetic energies and energy fields, it incorporates established psychological techniques as well as non-Western systems for healing and spiritual development. EFT is sometimes referred to as "[acupuncture without needles](#)."

Interested high school athletes must prepare an essay or short video describing why he or she wants to learn EFT to improve his or her athletic potential. Male and female athletes currently in grades 8-12 from any school are welcome to apply. The winners must commit to attending four one-hour sessions in consecutive weeks at Muller's Strongsville office and provide a written testimonial at the completion. Full details and an application are available by emailing Muller at betsy@theindigoconnection.com or by calling 440-238-4731. Deadline for applications is March 31, 2008. (Copy attached.)

Muller is a Certified Energy Health Practitioner (C.EHP) and founder of The Indigo Connection. "I teach people ways to integrate EFT into daily life to address challenges with work performance, relationships, food cravings, stress, and mental clarity," said Muller. "The results are often immediate, making EFT a highly valuable form of effective, rapid self care, and truly a new 'survival tool.'"

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About The Indigo Connection

[The Indigo Connection](#), located inside the Inner Harmony Wellness Center at 17075 Pearl Road in Strongsville, Ohio, is committed to making personal growth education and resources widely available through private coaching, affordable group learning opportunities, inspirational programs and collaborations with other educators. Founder Betsy Bartter Muller is a Certified Energy Health Practitioner (C.EHP), a Certified Energy Coach (CEC), and a certified medical office manager (CMOM). She holds an MBA in Systems Management from Baldwin Wallace College. Programs offered include Deliberate Life Balance, Creativity, Spiritual Business Leadership, Emotional Freedom Techniques (EFT) for Powerful Self-Care, Healthy Relationship Boundaries, Integrity, Energized Selling and Living Your Purpose. For more information, visit www.theindigoconnection.com or call 440-238-4731.

About Betsy Muller

Betsy Muller is a holistic coach, Certified Energy Health Practitioner, Certified Energy Coach, and speaker based in northeast Ohio. After decades working in a variety of traditional business and healthcare management settings, life changed in 2001 when she discovered energy psychology techniques at the [Association for Comprehensive Energy Psychology's](#) conference in Switzerland. Since then, her passion has been to help others enjoy balanced and purposeful lives by integrating energy modalities into life and business applications. Her company offers life and business coaching by phone and in person, group training programs and networking events for professional women. Ms. Muller holds a BA in Chemistry and an MBA in Systems Management. She serves as Wellness Director for [Healthy Lifestyle Options](#), a healthcare consulting group that provides innovative solutions to rising healthcare costs for employers, insurers and consumers with focus on integrative therapies. Betsy also serves on the ACEP Board of Directors as Communications Chair.