# Article information:

Core Transformation Workshop | CALMFIDENCE® ACADEMY
<https://www.calmfidence.eu/core-transformation-workshop>

# Article summary:

1. Core Transformation Workshop is a renowned method that is simple, pleasant, comprehensive and effective for transforming unwanted emotions, limiting patterns of thought, stress and unhealthy habits from within.

2. The workshop teaches participants the process through live demonstrations led by certified trainers and step-by-step instructions with accompanying workbooks and scripts.

3. Core Transformation can be used to address a variety of issues such as professional progress, interpersonal relationships, breaking bad habits, transforming “difficult” emotions and behaviors, and weight management.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article provides an overview of the Core Transformation Workshop offered by CALMFIDENCE® ACADEMY. It outlines the benefits of the workshop in terms of its simplicity, effectiveness and comprehensiveness in helping people transform unwanted emotions, limiting patterns of thought, stress and unhealthy habits from within. The article also mentions that it is suitable for both beginners and experienced practitioners as well as coaches and therapists who want to expand their toolkit with powerful methods.

The article appears to be reliable in terms of providing accurate information about the workshop's content and objectives. However, there are some potential biases present in the article which should be noted. For example, it does not mention any potential risks associated with using this method or any possible side effects that may arise from its use. Additionally, while it does provide some evidence for its claims (e.g., mentioning that it has been recognized by renowned experts), there is no further evidence provided to support these claims or explore counterarguments to them. Furthermore, the article could benefit from more balanced reporting by presenting both sides equally rather than focusing solely on promoting the workshop's benefits without exploring any potential drawbacks or risks associated with it.

# Topics for further research:

* Risks associated with Core Transformation Workshop
* Side effects of Core Transformation Workshop
* Counterarguments to Core Transformation Workshop
* Balanced reporting of Core Transformation Workshop
* Expert opinions on Core Transformation Workshop
* Potential drawbacks of Core Transformation Workshop

# Report location:

<https://www.fullpicture.app/item/4a2e4ebe6e395ddd533c34fd53543d57>