

**Well Nourished’ Online**

**Professional Training & Coaching Program**

***Mindful Eating and Living Nourishment for the Whole Self***

***METI Presents* ~ *Learn to be a ‘Well Nourished’ Coach***

***Where Personal meets Professional. To be the best, most intuitive, effective, skillful and compassionate health and wellness coach, we need to have traveled or be traveling on the road of Well Nourished Living ourselves to be able to meet our clients where they are and understand the process of change, transformation and awakened living, from the inside out.***

**Being “Well Nourished” is a non-diet approach to whole body nourishment.**

***Through the Well Nourished Coaching Training Program You will:***

**~Feel healthy and vibrant, nourished from the inside out living with a joyful sense of purpose, compassion, wisdom and joy….and share this with your clients.**

~Learn self-care practices, skills and tools, based on the book, “Well Nourished”, clinical and research-based practices and ancient wisdom to support your clients and professional practice, with Andrea as your loving and compassionate expert guide, while benefiting from her 30 years of experience, wisdom and practice.

~Learn how to become free of the guilt, shame and struggle so often associated with food, body image and lifestyle choices, to skillfully live a life of empowered well-being and health

~Redefine, reimagine and re-embrace what a sustainable healthy weight, lifestyle and life is for you and your clients

**Skills and tools in your ‘jewel box’ will include:**

-The Well Nourished Coaching Module for Transformation

-Self-care research based mindfulness and mindful eating tools and tips to support the whole person

-How to Nourish the "Eight Bodies"

-A non-diet weight inclusive approach to Mindful Eating and Living

-How to powerfully address stress eating, emotional eating,

 craving, mindless eating and overeating.

-How to live with more joy, peace, gratitude, love and compassion

-Research-based mindfulness, self-compassion training and cognitive behavioral techniques

-Applications from neuroscience, positive psychology, behavioral science, healthy lifestyles, the power of mindset, mindfulness-based interventions, ancient wisdom and more

~ *The ‘Well Nourished’ whole body approach goes beyond food helping to discern what you are truly hungry for, nourishing the other parts of yourself and being supported in making choices that best nurture your total well-being – mind, body, heart and spirit, and naturally contributing to the global transformation you seek.*

**The 8-session introductory and foundational course is Module 1 of the Coaching Training.**

**Module 1 is a *fundamental introduction* to the skills to coach, guide and support your clients with the ‘Well Nourished’ approach as your map. Module 1 is required prior to enrolling in the professional 9- month Module 2 program to become a certified ‘Well Nourished Coach’**

**Would you like to learn skills to free yourself of internal struggle, including around food and lifestyle choice to release positive life energy for the rest of your life?**

**Would you like to make small and big choices with grace and ease that best nurture your total well-being—mind, body, heart, and spirit?**

**If you long to trust and celebrate yourself, your life, your contributions, your self-care choices, and learn the knowledge and tools to live a nourishing, balanced, joyful and purposeful life, you’ve come to the right place…**

With practices, skills and tools, based on science, ancient wisdom, a nourishing international community, and a loving and compassionate guide, you can make the changes you seek in the new year.

We often over-focus on our diet and exercise programs, or beginning one, to the exclusion of living a fulfilled meaningful live! Sometimes we even eat to fill the emotional, spiritual, creative, social, psychological nourishment we crave.

For true change to occur we need to look at our whole self and understand how tending to each part of ourselves touches, nourishes, uplifts and strengthens all the other parts. We can create a healthy vibrant web of support within our own bodies and lives, that extends to others and the planet through our positive choices, thoughts, deeds, love and compassionate action. We are all interconnected and your actions make a difference.

Being “Well Nourished” is a non-diet approach to whole body nourishment where you can throw away the food rules, learn to listen to your total body wisdom, yet still utilize the support of sound evidence-based nutrition and total body health knowledge as is helpful to you. But the ‘Well Nourished’ whole body approach goes beyond food. By helping you discern what you are truly hungry for, you can nourish the other parts of yourself too, and be supported in making choices that best nurture your total well-being: mind, body, heart and spirit.

You get to be the master chef of your own life with the supportive tools of “Well Nourished”. Prepare for a fun, nourishing, and insightful journey through the ***8 Bodies*** that thrive on nourishment. Learn the essential jewels for your nourished and awakened life - to fill your ‘Well Nourished’ Bowl - including meditation, mindful eating and living, mindfulness, lovingkindness, compassion and an awakened heart.

This is your life and you deserve to have fun and joy redesigning it and living it while you are part of the supportive community! Additive to your life, it doesn’t take away time or energy. Well Nourished adds freedom, energy and joy!

Well Nourished is being offered in a two-module format. The initial ***Module 1*** is an ***Eight-week*** introductory online program to teach you the basics in Well Nourished and Mindful Eating practices and principles. Additional live Q&A sessions with Andrea will be available. This is a pre-requisite for enrolling in the Well Nourished Certified Coach Training Program and can be started at any time.

For health care professionals that would like to become a ***Certified ‘Well Nourished’ Health Coach***, we are offering ***Module 2*** which will include a 9 Month Program with live and recorded virtual bi-monthly meetings, further support, engagement and teaching opportunities, and community building to allow you to go deeper into the practice and the essential coaching skills and evidence-based techniques to best support your clients. *CE credits available*. This will be offered beginning ***early summer 2020*** .

**Module 3** will be our ‘Well Nourished’ Weekend Retreat offered in summer/fall 2020 (dates TBA) with both an in-person or virtual option.

*Special Discounts available when you register for all three modules at the same time. Early bird options happening now for each module.*

***Please*** [***contact us***](https://www.mindfuleatingtraining.com/contact) ***for tuition details and registration forms****.*

***Presented by METI with Andrea Lieberstein, MPH, RDN, RYT, founder, Chief Innovator and Trainer of METI/ Well Nourished, and special surprise guests.***

**Mindful Eating Training Institute (METI)**

***Andrea Lieberstein, MPH, RDN, RYT***

**Novato, CA 94949; (415) 497 3674**

[www.mindfuleatingtraining.com](http://www.mindfuleatingtraining.com) [www.yourwellnourishedlife.com](http://www.yourwellnourishedlife.com)