

**Three Month Mindful Eating Graduate Coaching Support and Mentoring Program for**

**MB-EAT Professional Training *Graduates Only***

**Offered Four Times Annually (Jan., April, July, Oct)**

*For those who have completed the professional training for MB-EAT and would like further support and mentoring in the following areas to prepare and lead your first groups or integrate the work with your individual client practice*

**The program includes continued support and mentoring in the application of MB-EAT, Mindfulness Meditation and Mindful Eating Practice through virtual live video sessions. Topics include but are not limited to:**

* **Deepening and cultivating your meditation and mindful eating practice**
* **Mindfulness Practice**
	+ **Developing and Deepening your personal practice**
	+ **Developing and Deepening the teaching of Mindfulness Practice**
	+ **Developing and Deepening the teaching of Mindful Eating**
* **Guided mindful eating and meditation practice**
* **Ongoing consultation and feedback on content, teaching and guiding practices in the 12 week program and with individuals**
* **Nuts and Bolts of Setting Up Your Program**
* **Ongoing consultation and feedback on setting up programs individually, privately, in your facility or community.**
* **Effective Delivery of Mindful Eating Exercises, Individually and in Groups**
* **The Art of True Nourishment: Compassion and Lovingkindness Practices, Nourishment in Everyday Life, Well Nourished Life**
* **Case examples, working with real clients**
* **Feedback and role playing**
* **Typical questions and effective wise responses**

**Group and Individual Coaching Options:**

**Group Coaching - Mentoring and Support Program**

**Six Group Coaching Sessions**

**(One hour Each – Two Weekdays a Month) for 3 Months**

**Tuesdays or Wednesdays,** **Meeting dates**: twice a month beginning November

Choose either: 10:00 a.m. (PST)/1:00 p.m. (EST) OR 5:00 pm PST/8:00 pm EST

Sessions are recorded and questions can be submitted.

**Program Fees:**

Only $49/session for Group Coaching Sessions:

2 easy monthly payments of $147 (total of $294)

**Individual Coaching, Mentoring and Support Programs**

**PROGRAM OPTIONS:**

***1 Hour Session Package with GROUP PROGRAM Included***

**Option One - 3 Month Program**

**2 - One Hour Individual Coaching Calls per Month**

 **Plus ‘Free Bonus’ - GROUP PROGRAM**

$297/month – (total of $891), with three monthly payments

**Option Two - 3 Month Program:**

 **2 - 30 Minute Individual Coaching Calls/ Month**

$147/month – (total of $441), with three monthly payments

***Group Program Available with 50% Discount ($147 additional)***

**Request Registration Form by Email**