

***Well Nourished Certified***

***Health Coach Program***

*Where the 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.**

For health care professionals that would like to become a ***Certified Well Nourished Health Coach***, we are offering our ***Well Nourished*** ***Module 1 & 2 Program concurrently***, based on the best-selling book, ‘*Well Nourished’* , by Andrea Lieberstein, clinical, and research based practices and ancient wisdom. This 5 Month Program will include live and recorded virtual bi-monthly meetings, further support, engagement and coaching opportunities along with community building to allow you **to go deeper into the practice of the essential coaching skills and evidence-based techniques to best support your clients.**

*You will Learn:*

-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 guide and support your clients 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, self-efficacy theory, motivational interviewing,

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 wish.*

***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 these tools and map of resiliency and balance 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 compassionate expert guide, while benefiting from her 30 years of experience, wisdom and practice.

~Learn how to help your clients 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, nourishing the different parts of themselves

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

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**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.**

**In Module 2 you will be able to support your clients that have a big yes to the following questions addressed in Module 1! You will learn to support your clients in all of the following ways.**

**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!

The Certified Well Nourished Health Coach Training is being offered in a three-module format. The initial ***Module 1*** is an ***Eight Session*** introductory recorded online program to teach you the basics in Well Nourished and Mindful Eating and Living practices and principles.

For health care professionals that would like to become a ***Certified ‘Well Nourished’ Health Coach***, ***Module 2*** includes a 5 Month Program with live virtual bi-monthly coach training 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.

**Module 1 can be taken concurrently with Module 2 and Module 3 for MB-EAT Training Graduates in an accelerated fast track pathway with special discounts available**.

46 CEU’s.

**Module 3** is a ‘Well Nourished’ Weekend Retreat offered immediately following Module 2 in 2020 with both an in-person or online option (at this time the in person option is on hold and an online day retreat is being offered instead)

*A very Special Discount is now when you register for all three modules at the same time. Early bird options happening now for each module.*

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

***The Coach Training Program Includes:***

***-Module 1 – 10 Sessions - Foundations***

***18 hours over 5 months***

***-Module 2 – 10 Sessions - Coach Training***

***2 Thursdays each month 1.5 hours each***

***-Practicum and Project***

***-Module 3 – 6 Hour Retreat Virtual (during pandemic)***

***-Well Nourished Book***

***-Supplemental Resources, Handouts and Coaching Materials***

***YOUR DISCOUNTED TUITION FOR THE***

***CERTIFIED WELL NOURISHED***

***HEALTH COACH TRAINING***

 ***Modules Value***

Well Nourished Module 1 Program $ 548

Well Nourished Certified Health Coach Module 2 $ 1,996

Daylong Well Nourished Virtual Retreat Module 3 $.297

Total Tuition (full price) **$ 2,841 Total Value**

**SPECIAL DISCOUNTS AVAILABLE:**

Enroll by July 15th, and you will receive bonuses and Module 1 & 3 tuition will be waived.

 *Enroll by July 15th and receive these discounts and BONUS:*

 Well Nourished Module 1 FREE ($548 value)

 Day Virtual Retreat Module 3 FREE ($297 value)

 ‘Well Nourished’ book - FREE ($20 value)

 Well Nourished Module 2 $1996

 Subtract $200 ‘Early Bird’ discount -$200

 Total Tuition **$ 1796 Your Price!**

***Prepay discount for Well Nourished Certified Health Coach Program by July 15th - $1,796***

See attached Special Registration Form to enroll!



**Mindful Eating Training Institute (METI)**

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**www.mindfuleatingtraining.com****www.yourwellnourishedlife.com**