

Am I Hungry?® Coaching Basics for Mindful Eating

Join **Michelle May, M.D.**, a physician and recovered yoyo dieter, as she delivers a crucial and timely message with energy, humor, and insight that transforms the way people view eating and physical activity. Michelle's interest and expertise stem from her personal struggle with chronic dieting and negative body image and her years of clinical experience with patients struggling with yoyo dieting. First, she resolved her own food issues and now she shares a compelling, compassionate and constructive approach that empowers individuals to take charge of their lives and their eating.

When a client has a coaching session with a good coach, she says "WOW, my coach is good!"

When a client has a coaching session with a great coach, she says "WOW, I'm good!"

Wellcoaches Cancellation Policy

Cancellations and refund requests must be received in writing via mail or email. Any applicable refund will be determined by the date that the request is mailed or sent (if requested by email) according to the following policy:

- You may receive a full refund for cancellation, if requested two weeks or more in advance of the class start date.
- You may receive a 50% refund for cancellation, if requested one week in advance of the class start date.
- No refunds will be issued for cancellations less than one week in advance of the class start date.

INTRODUCTION

If diets were the solution, there would not be a problem. On the surface, weight management should be a simple matter of calories in vs. calories out. But for most people, weight problems are not just about what they are eating, but why they are eating in the first place. [Michelle May, M.D.](#) describes four common eating patterns based on the innovative Mindful Eating Cycle she developed.

Description: This class lays the foundation for the Am I Hungry?® Mindful Eating program. The innovative Mindful Eating Cycle is used to explore the important eating decisions people make numerous times each day.

Target Audience: This series is appropriate for coaches who want to learn a strategic approach to Mindful Eating principles and intuitive weight management for use personally and in their coaching work with clients.

Objectives: Coaches participating in this workshop series will demonstrate a thorough understanding of the Am I Hungry?® intuitive approach and apply these skills in their work with their clients.

Date/Time: **Thursdays, August 23 - October 18, 2012**
(no class Sept. 13)
9:00 am PT / 12:00 pm ET
One hour classes

Location: Teleclass

Price: \$395
Fees must be paid in full prior to the start of classes

Prerequisites: Must be a Coach-in-Practice Member

Materials: ***Eat What You Love, Love What You Eat*** by Michelle May M.D. – [Purchase here](#) prior to the start of classes.

Register: [Click Here to Register](#)
or call 866.932.6224 ext. 716

Registration Deadline: August 20, 2012

CECs: Wellcoaches - 8 CCEHs; ACSM - 8 CECs