

MINDFUL EATING WEIGHT-LOSS COACH

Hannah Violette

HAS SUCCESSFULLY COMPLETED MINDFUL EATING WEIGHT-LOSS COACH

Course Content

Module 1: THE JOURNEY BEGINS

Module 2: AGREEMENTS AND COMMITMENTS

Module 3: OVERCOMING OBSTACLES

Module 4: THE POWER OF INCREMENTAL STEPS

Module 5: THE PRINCIPLES OF MINDFUL EATING

Module 6: HEIGHTENING THE SENSES

Module 7: HELPING YOUR CLIENT RISE ABOVE THEIR PROBLEM

Module 8: REMOVING TRIGGERS, PATTERNS, AND HABITS

Module 9: HELPING THE CLIENT CHANGE THEIR PREFERENCES

Module 10: HELPING THE CLIENT MEND THEIR RELATIONSHIPS WITH
“SELF” AND “OTHER”

Module 11: INTRODUCTION TO MINDFUL EATING MEDITATION



Date: *23 December, 2024*

Certificate ID: **24-01923**