



Mindful Eating Program

Workshop Facilitator and Coach Training Online

Become a Licensed Am I Hungry?®
Mindful Eating Workshop Facilitator or Coach*
at your own pace, on *your* schedule

This information packet includes the details about our Mindful Eating Program Training and Licensing process, including FAQs.

If you have any additional questions, don't hesitate to contact us!

training@AmIHungry.com

Already decided? Great!
Register to get started now:

Click here to order: <http://bit.ly/16TWQkC>
then choose from 1, 3 or 10 payments



*We provide mindful eating training for certified coaches, not basic coach training.

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The Am I Hungry? Facilitator Training “sealed the deal” for me. Any questions I had about this approach were completely erased. It prepares facilitators completely and confidently to take this message of eating and living to the public. The materials are comprehensive and excellent. I know that I will be using this information for the rest of my career as a Family Physician and for the rest of my life personally. I (and hopefully all of my patients and participants to come) will NEVER diet again!
—Lori Hurst, M.D.

Do you...

- ...aspire to be a **dynamic, effective agent of change**?
- ...**believe in empowering individuals** to develop a positive, sustainable approach to eating and physical activity?
- ...want to really **make a difference** in the lives of your patients or clients struggling with eating-related issues?
- ...question the current approaches to weight management because you know that **diets don't work for most people**?
- ...**feel that it is time to grow** both personally and professionally?
- ...**desire more joy and fulfillment** from your career or want to renew your passion for your work?
- ...want to expand your offerings by providing a unique, desperately needed and **highly sought after** service to your community?
- ...wish to **earn great money doing what you love** - helping people become healthier and happier?

If so, become a Licensed Facilitator or Coach of the award-winning Am I Hungry? Mindful Eating Program

The simple and straight forward body-mind-heart approach to eating and living vibrantly is not just another tool in the wellness toolkit. It may be THE tool for those who struggle with eating. We're looking forward to sharing Am I Hungry? with our staff. Thank you!

—Suzanne Dubose, RN, BSN, BS

Excellent format to help someone passionate about this work deliver the message of mindful eating and overall health and wellness in a credible, evidence-based, professional manner. I would recommend this training to anyone—from those new in the field to the seasoned clinician! —Amy Hanson-Akins, MSW, Eating Disorder Therapist

The facilitator training is full of detailed information about each workshop as well as marketing. I also appreciate the online forum and access to marketing materials. Dr. May has a wonderful formula that works and she encourages facilitators to use their presenting style to make the program their own.

—Sara Bernstein, LSW, Licensed Wellcoach

Am I Hungry? Mindful Eating Training provides:

- **The skills** to be an effective, inspiring workshop leader or mindful eating coach.*
*We provide mindful eating training for certified coaches, not basic coach training.
- **Intensive training** - 24+ hours of training available online at *your* convenience.
- **Life-changing mindful eating and intuitive eating strategies using a non-diet, Health at Every Size[®] philosophy** that you can immediately use and share.
- **Valuable training materials** – we provide everything you'll need for success:
 - Unlimited email and phone access to the Am I Hungry?[®] Team for questions
 - Complete Am I Hungry?[®] Facilitator's Guide keyed to all of your other tools
 - Am I Hungry?[®] DVDs to use during your workshop or review beforehand
 - PowerPoint slides for an introductory session and all eight workshops
 - Copy of *Eat What You Love, Love What You Eat*
 - Copy of *Am I Hungry? Mindful Eating Program Workbook and Awareness Journal*
 - Business materials including forms, assessments, and pricing information
 - Marketing materials: flyers, press releases, articles, handouts
 - Access to our private Facilitator and Participant web portal and online tools
 - Quarterly Facilitator Update call or webinar. All content updates also included.
- **Full immersion in the Am I Hungry?[®] program.** During Training, you'll take the 8-week Am I Hungry?[®] Mindful Eating workshop facilitated by Dr. May via online videos.
- **Comprehensive Business Planning and Marketing Curriculum.** You'll learn how to successfully manage and market your workshops.
- **View our online video about the online training process:**
<http://www.amihungry.com/Am-I-Hungry-Facilitator-Training-Intro-Video.shtml>
- **Continuing Education credits available** (see Registration page for details.)
- **Unparalleled personal and professional growth** to take you to a whole new level!

Am I Hungry?[®] Mindful Eating Workshops are ideal for your corporate wellness programs, clinical office, health and wellness centers, coaching practice, hospitals, health insurance programs, bariatric programs, churches, spas, campus, and community.

Am I Hungry? is one of the most organized and thorough trainings I have completed. The training also addressed marketing and putting on a successful workshop.

—Elizabeth Schenk, BS, MBA

Unique features of the Am I Hungry? Mindful Eating Program

- Comprehensive, interdisciplinary approach that includes the behavioral, nutritional, and fitness aspects of a balanced, healthy lifestyle.
- Developed by family physician, Michelle May, M.D. in collaboration with a licensed psychologist, registered dietitian, and exercise physiologist.
- Workshop content is based on the Am I Hungry? Mindful Eating Cycle as described in the award-winning book *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*.
- Non-restrictive philosophy and mindfulness training provides participants a flexible, sustainable approach.
- Utilizes cognitive/behavioral strategies to motivate changes in behavior, increase self-efficacy, promote self-management, and inspire participants to increase their physical activity and improve their nutrition.
- Consistent with a Health at Every Size[®] philosophy. This program is weight neutral, so while participants may lose weight through this process, we consider it a possible side-effect of healing their relationship with food and their body, not the primary reason to participate in this program.
- May be taught by a single licensed Facilitator or by a multidimensional team of Facilitators (for example, health educator, nutritionist, exercise specialist). May also be offered by an individual coach, dietitian, counselor, or other health professionals one-on-one.
- Am I Hungry?[®] Mindful Eating Workshop Format:
 - 8-weekly interactive group workshops (in person or by telephone/webinar)
 - 1-2 hours in length each week, depending on size and setting
 - Individuals or small, medium, or large groups
 - Facilitators may use PowerPoint, flipchart/dry erase board, and/or DVDs
 - Am I Hungry?[®] does *not* utilize or endorse any medications, diet aids/supplements, meal replacements, restrictive dieting, or rigid exercise regimens.
- Although participants are not given rigid rules to follow, a study of 229 participants showed improved self-efficacy, gradual weight loss, significantly increased activity, and more healthful eating by a majority of the participants. 90% completed the program and nearly all said they would recommend it.¹
- Winner of the Excellence in Patient Education Innovation Award

I would highly recommend this training program to any professional dedicated to improving the quality of life of their clients. This program is precisely what I have been searching for as a professional in the health and wellness industry. —Sandra Kelly, RN, CBN, CPT

¹ Reichard, G., May, M., Krepcho, M., Kohlerman, N. (2006, April). *Am I Hungry? A preliminary investigation of an innovative and promising non-diet weight loss program*. Poster session presented at the annual conference of the Society of Teachers of Family Medicine, San Francisco, CA.

 Introduction

 Workshop 1

In Charge, Not In Control

Think: Why Do I Eat?

Nourish: Diets Don't Work

Live: Born to Move

 Workshop 2

Trust Your Body Wisdom

Think: Am I Hungry?

Nourish: Rediscover Food

Live: Change Your Mind

 Workshop 3

It's Not About the Food

Think: I'm NOT Hungry. What Now?

Nourish: Drink and Be Merry

Live: Lay Your Foundation

 Workshop 4

What Am I Really Hungry For?

Think: Head Hunger

Nourish: Clearing Carb Confusion

Live: Increase Your Stamina

 Workshop 5

Fearless Eating

Think: What Do I Eat?

Nourish: Fat Facts

Live: Increase Your Flexibility

 Workshop 6

Mindful Eating

Think: How Do I Eat?

Nourish: Protein Power

Live: Increase Your Strength

 Workshop 7

Just Right

Think: How Much Do I Need?

Nourish: Nutrition at a Glance

Live: Challenge Your Body

 Workshop 8

Self-Care Buffer Zone

Think: Where Do I Invest My Energy?

Nourish: A Flexible Plan for Self-Care

Live: On Your Terms

 Business Planning and Marketing

B&M 1: About You

B&M 2: About Your Clients

B&M 3: About Your Business

B&M 4: Workshop Logistics - Part I

B&M 5: Public Speaking

B&M 6: Your Marketing Toolkit

B&M 7: Public and Media Relations

B&M 8: Workshop Logistics – Part II

B&M 9: Workshop Pricing and Policies

B&M 10: Website and Internet Marketing

B&M 11: Strategic Partners

B&M 12: Putting It All Together

 Additional Training

Workshop Facilitation Skills

Eating Disorders

Support Groups

Healthcare Settings

Corporate Workshops

 Support

Unlimited email support

Online Forum (Participant and Facilitator)

30 minute individual call with Dr. May

To view a video about the online training process, please click or cut and paste this link: <http://www.amihungry.com/Am-I-Hungry-Facilitator-Training-Intro-Video.shtml>

For a copy of the Facilitator Training Objectives, please click or cut and paste this link: <http://www.amihungry.com/Am-I-Hungry-Facilitator-Training-Objectives.pdf>

Continuing Education Credits

Am I Hungry? is approved by the **American Psychological Association (APA)** to sponsor continuing education for psychologists. Am I Hungry? maintains responsibility for this program and its content. This course is 24 CECs.

Am I Hungry? is a Continuing Professional Education (CPE) Accredited Provider with the **Commission on Dietetic Registration (CDR)**. CDR Credentialed Practitioners will receive 24 Continuing Professional Education (CPEs) for completion of this activity.

Am I Hungry? is recognized by the **American Council on Exercise** as a Continuing Education Specialist. This program has been approved for **2.40 ACE CECs**

This continuing nursing education activity was approved by the Arizona Nurses' Association, an accredited approver by the **American Nurses Credentialing Center's Commission on Accreditation** for 20 contact hours.

This program has been approved for 24 **Wellcoaches** continuing education hours (CEH).

Objectives

Download the objectives for Am I Hungry? Mindful Eating Program Facilitator and Coach Training: <http://www.amihungry.com/Am-I-Hungry-Facilitator-Training-Objectives.pdf>

Disclosures

Michelle May, M.D., F.A.A.F.P. as owner of Am I Hungry? P.L.L.C., has a financial relationship with this activity.

There is no provision of commercial support for this program and there is no discussion of off-label usage of products during this activity.

Excellent opportunity to expand not only your knowledge but also skill sets for meeting your patients' needs. Feel this offers a genuinely unique and incredibly valuable alternative

—Beth Woodford, MD

The Am I Hungry? program is one of the most comprehensive trainings I have received. As a professional, it provided me with the tools to get started immediately. I have knowledge, tools, and support to begin working with an individual client or workshop participants.

I highly recommend this program. —Ellen Cullman, Ph.D., Mindful Eating Coach

Requirements for Licensed Facilitators

- Am I Hungry?[®] is protected by copyright and trademark. Workshops can only be offered by trained and Licensed Am I Hungry? Facilitators, Coaches, and Therapists.
- Facilitator candidates should have health/fitness/wellness training and qualifications, and/or significant personal experience that will benefit their participants. Examples include physicians, P.A.s, N.P.s, dietitians, psychologists, coaches, personal trainers, health educators, social workers, nurses, clergy, etc. In some cases, personal application of the Am I Hungry? principles equip a person to be an effective Facilitator. Please contact us if you have questions about your how your education, training, or experience might complement our program.
- Signed Facilitator Agreement to follow the protocols and maintain the standards of Am I Hungry?. The Agreement will be provided in advance for your review upon request.
- Participate in the eight Am I Hungry? Mindful Eating Workshops and read *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*. (These requirements will be met during your training.)
- Satisfactory completion of the Am I Hungry? Facilitator Training and pass a post-test demonstrating understanding of critical Am I Hungry? concepts.
- Demonstration of proficiency using the Am I Hungry? Facilitator materials and resources including the Am I Hungry?[®] Facilitator Guide, DVDs, and PowerPoint presentations of the eight workshops, business forms, and marketing materials.
- Your initial Am I Hungry? Training and Licensing Fee *includes* your all materials, training, and first Annual Licensing fee (see below). The Annual Relicensing fee is \$500 and includes program updates, marketing support, and quarterly training.
- Your first license term is 15 months—including three months to complete your online training and your first annual license.
- Payment of a \$40 per Participant Fee to Am I Hungry? to cover their workshop materials (copy of *Eat What You Love, Love What You Eat* and *Eat Mindfully, Live Vibrantly*), password access to the Participant web portal, and administrative costs.

This program has been a great experience for me. I have always taught variety, balance, and moderation so it was nice to have it affirmed in a well-recognized program. I can't wait to get started and share the information with my participants. I appreciate knowing I still have support from the Am I Hungry Mindful Eating Program for any questions I will have in the future. I don't feel I will be on this journey alone, but will continue to have staff to support me.

—Georgianna Elliott, MA, RD, LD

One fee includes everything you'll need!

Am I Hungry?[®] Facilitator Training

- Includes twelve online training sessions—including eight Am I Hungry?[®] Mindful Eating workshops facilitated by Am I Hungry?[®] founder Michelle May, M.D.
- Workshop facilitation skills training
- Individual 30 minute session with Dr. May to answer questions, brainstorm, and plan
- Complete Business Planning and Marketing Curriculum (12 audios and worksheets)
- Continuing Education Credits (see page 6)

Am I Hungry?[®] Facilitator Materials



- *Am I Hungry?[®] Facilitator Guide* with workshop lesson plans keyed to all other tools
- *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*
- *Am I Hungry? Mindful Eating Program Workbook and Awareness Journal*
- Am I Hungry?[®] Workshop DVDs
- Am I Hungry?[®] PowerPoint slides for Introductory session and all eight workshops
- Am I Hungry?[®] Business and Marketing Curriculum and marketing materials
- Facilitator-level Password access to Am I Hungry?[®] web portal www.AmIHungry.net

Am I Hungry?[®] Facilitator License

- License to facilitate and promote Am I Hungry?[®] Mindful Eating Workshops. (Your first annual license term is 15 months including three months to complete your training.)
- Access to www.AmIHungry.net – Facilitator and Participant web-portal
- Listing on www.AmIHungry.net with link to listing from www.AmIHungry.com
- Quarterly Facilitator Updates and material updates
- Unlimited email and phone support from Am I Hungry?

Complete Training and Licensing Fee.....**\$1699***

*Three payment options; see Registration page for details

Register for Am I Hungry? Facilitator Training

You have several convenient payment options. You may pay by credit card online using our secure shopping cart with the option to make one, three, ten payments. If you prefer, you can pay by check or using a purchase order (single payment only). Ask about our discount for multiple facilitators from the same organization!

Complete Training and Licensing Fee.....\$1699*

*Save \$250 for each additional Facilitator from the same organization! Please email Training@AmIHungry.com for the link to apply this discount.

Credit card

Click or paste this link then select your payment method: <http://bit.ly/16TWQkC>

- 1 payment of \$1699
- 3 monthly payments \$583 (1st payment on registration then every 4 weeks)
- 10 monthly payments of \$175 (1st payment on registration then every 4 weeks)

Pay by Check

If you prefer to pay by check or purchase order, please email Training@AmIHungry.com and we will send you a registration link. This option is available for a single payment of \$1699 only.

Cancellation Policy

Registration is non-refundable. Under certain emergency circumstances, allowed completion time may be extended.

I highly recommend this training - it is professional, information-rich, and inspiring! The program material is extremely well presented and easy to follow... it truly exceeded my expectations.—Toni Harris

*Beyond my expectations. Michelle is a terrific instructor and the materials are more thorough and well put together than I could have hoped for. I feel well prepared.
—Gillian Hood-Gabrielson, Certified Wellcoach*

Frequently Asked Questions

Q – What is Am I Hungry?[®] Facilitator Training?

A – Am I Hungry? Facilitator Training is an online program that can be accessed anywhere, anytime from any computer with a good Internet connection, allowing you to complete your training on your schedule at your pace. Your Training includes audio and video sessions, a complete Facilitator Guide, support tools, and marketing materials. We have offered Facilitator Training since 2006 and over 400 Facilitators from multiple disciplines have been trained in nine countries!

Q – How does this online training work?

A – Below is a general outline of what happens once you register for Am I Hungry? Facilitator Training Online. You can also watch a video that explains the process:
<http://www.amihungry.com/Am-I-Hungry-Facilitator-Training-Intro-Video.shtml>

- When you register, you'll receive a brief information form that you need to complete and return. We'll also email you the Facilitator License Agreement to review and return.
- As soon as we receive your signed Facilitator License Agreement, we'll immediately ship your facilitator training materials (see page 3).
- We'll email your log-in instructions for our *AmIHungry.net Facilitator Training Portal*. The Training Portal has videos for the twelve training sessions and audio and/or video recordings of all of the other topics listed on page 6 (and more!). You can complete these sessions at your own pace and on your schedule.
- Your training consists of twelve sessions. Each session includes an Action Plan (nice way of saying homework) to reinforce and build on what you learn during the lesson.
- During your training you'll participate in the eight Am I Hungry?[®] Mindful Eating Workshops just like *your* participants. You'll have password access to the *AmIHungry.net Participant Portal* to use the same tools your participants will use when you facilitate your own workshops. As you take the workshop as a participant, you'll follow along in your Facilitator Guide to learn how to facilitate the workshops yourself.
- When you've completed the eight workshops, you'll take an online post-test demonstrating understanding of critical Am I Hungry? mindful eating concepts.
- After you've passed the post-test, you'll gain access to the *Facilitator Portal* to continue your training. There you'll find an abundance of tools and resources that make it easy to start your own workshops as soon as you are ready!
- We recommend that you also complete our comprehensive Business Planning and Marketing Curriculum—a series of 12 audio modules and written activities that you'll complete in tandem with the other training sessions. When you're done with the B&M curriculum, you'll have a detailed business and marketing plan to work from.
- You'll conduct an Introductory Am I Hungry? Workshop for friends, family, co-workers, or potential participants to demonstrate proficiency using the Am I Hungry?[®] Facilitator

materials and resources including the Am I Hungry?[®] Facilitator Guide, DVDs and/or PowerPoint presentations, and marketing materials. Introductory sessions are also a wonderful marketing tool for your future workshops so we provide everything you need to be successful.

- When you're done with all of the training modules, you'll fill out a Training Evaluation form, schedule an individual 30 minute call with Dr. May to answer questions and create a plan, and receive your License and Continuing Education Certificate by mail.

Q – What if I finish my training requirements in less than three months?

A – Your first license term is 15 months, including three months to complete your training. You must complete your training requirements before offering workshops. If you finish your training in less than three months, you will have more time left on your first license term. Likewise, if it takes longer, you'll have less time left on your first annual license.

Q – How soon can I start facilitating workshops?

A – Your license is activated as soon as you've completed the training requirements; you are then able to start your workshops immediately. In fact, one of the advantages to online training is that it is self-paced so you can finish more quickly than three months if you wish. If you were able to dedicate the necessary time to this process, you could complete the training in just a couple of weeks. However, most people spread their training period out longer than that. It is to your advantage to complete your training within three months to make maximal use of the license term.

Q – What are the technology requirements for online training?

A – For an optimal experience, we recommend that you have a computer with speakers or headphones; a fast Internet connection; a DVD player; and, optional, an MP3 (iPod) player

Q – What do I charge for my workshops and how much can I earn?

A – Since this is a license (rather than a franchise), you may charge whatever you feel is appropriate for your participants. Your workshop charge will depend on your market and reasons for providing the workshops. The average is around \$250 per person. In some settings, such as community health centers, worksite workshops or faith-based settings, you may decide to charge the participants only the Participant Fee when your time is volunteer or covered by a grant, employer, or other third party. (We recommend that you charge at least a nominal fee if possible so the participant has made an investment and commitment.)

There are a number of factors to consider when determining your potential income, including how much you charge per participant, how many participants you have, how often you offer a workshop, and your expenses (for example, office space rental, assistants if any, insurance and other business expenses, \$40 plus shipping and handling of approximately \$6.00 per participant for the Participant Fee).

As an example, if you charged \$250 per participant (\$46 of that for the Participant Fee and S&H), had an average of 8 participants for each workshop series, offered four workshops a

year, and used your office lobby after hours, you could make an additional \$6,528 per year. You'll receive a table for projecting your revenue, but obviously, there are many variables and we cannot guarantee any particular income.

Q – I see people individually, not usually in groups.

A – The process we use to teach mindful eating (based on the Mindful Eating Cycle) is an excellent way to guide your patients or clients through the behavior change process—individually or in groups. Whether you are a counselor, coach, dietitian, personal trainer, physician, or other health and wellness professional, the Am I Hungry?[®] Facilitator Training and License will give you the skills, tools, and confidence you need to help them change their lifestyle permanently. There is also a Coaching Companion Guide available to facilitators wishing to apply these principles and teachings in one-on-one settings. Please note: We provide mindful eating training for certified coaches, not basic coach training. General coaching skills are beyond the scope of this training.

Q – How do I know if I am qualified to facilitate these workshops?

A – We do not “credential” our Licensees. In other words, you will decide if you would be a credible Facilitator and we will provide you with the appropriate training and complete materials. Remember, you will have workshop DVDs to use in delivering the workshop content if necessary until you become more experienced and confident. Call if questions.

Q – What will the Relicensing fee be in the second year?

A – The annual License Renewal fee is \$500 and includes quarterly Facilitator Updates, materials updates, ongoing support, and access to all of our resources and a community of individuals around the world who work with these life-changing concepts. Depending on what you charge for your workshops, most people cover their licensing fee with just two or three participants a year.

Q – Why do you require relicensing?

A – Our goal is to offer high quality mindful eating programs that remain effective, current (in content and format), and consistent from one location to another. This necessitates ongoing commitment and contact with those who offer Am I Hungry? Mindful Eating Programs. Specifically, since we are committed to continuous quality improvement, our programs have evolved significantly over the last fifteen years. Our Facilitators have been kept up to date with fresh perspectives and materials on an ongoing basis. In turn, your clients are confident that as a licensed Facilitator, you are in step with the most recent developments.

Q – Can we “team-teach” the workshops?

A – Absolutely! A multi-disciplinary team is an excellent way to deliver the workshops. All of your regular Facilitators must be licensed. (We offer \$250 off each additional Facilitator Training registration from the same organization or company.) However, it is acceptable to have a “guest” instructor with expertise on a particular area occasionally present during a

workshop led by a Licensed Facilitator.

Q – What materials will my participants need?

A – They'll need a copy of *Eat What You Love, Love What You Eat* and the *Am I Hungry? Mindful Eating Program Workbook and Awareness Journal*. They also get motivational emails and access to the www.AmIHungry.net Participant portal. These are all included in the \$40 Participant Fee.

Q – What is the private “Am I Hungry? web portal”?

A – Our private network portal is www.AmIHungry.net. It has three sections: Training, Facilitators, and Participants. During training, you'll be given password access to the Training Portal and the Participant Portal. As your training progresses, you'll receive a Facilitator-level password to access our many important features and resources.

From the Facilitator Portal, you'll be able to register and track your participants' progress; communicate with and encourage them through newsletters, custom web pages and resources; give them access to a private online journal, a forum to communicate with their classmates, and use of the Am I Hungry?® Virtual Coach. This portal also allows you to share ideas and questions with other Facilitators, read Facilitator updates, order participant materials, and access other valuable resources.

Q – What about workshops for special groups, like those who are post-bariatric surgery or have binge eating disorder or diabetes?

A – Mindful eating is a universal approach appropriate for anyone who will benefit from changing the way they think about eating and physical activity. Most workshops will have participants with a variety of challenges so we address special populations during the training and have supplemental materials that those participants can use alongside their other materials. In addition, for those facilitators who would like to offer workshops especially for those groups, we offer additional training:

Supplemental bariatric surgery facilitator training:

<http://www.amihungry.com/Mindful-Eating-for-Bariatric-Surgery-Facilitator-Training.shtml>

Therapist Training for binge eating is now available. Read more or request an information packet: <http://amihungry.com/Mindful-Eating-Program-for-Binge-Eating.shtml>

Training for diabetes self-management will begin in summer 2014. Read more:

<http://amihungry.com/Mindful-Eating-Program-for-Diabetes.shtml>

Q – Can this program be taught to children or adolescents?

A – Parents who participate in our programs tell us that these concepts have a huge impact on the way they manage meals and physical activity at home and that their children easily grasp the ideas they share with them. However, while a mature adolescent might benefit from this approach, the materials were developed for adults. We will develop a family program in the future; for now we recommend offering the program to parents since they

have the greatest influence on the attitudes and behaviors of their children. In addition, we have several articles that you can share with families about this approach.

Q – Can I teach my workshops in Spanish?

A – We have an earlier edition of the Workbook and the workshop PPT slides available in Spanish. (*Eat What You Love, Love What You Eat*, the Facilitator Guide, and Facilitator Training are in English.)

Q – Will I have to teach exercise classes?

A – No. The Am I Hungry? curriculum educates and motivates participants to become more physically active, but you'll only teach exercise classes if you are qualified to and want to.

Q – I would like to teach worksite wellness programs. Is Am I Hungry? appropriate?

A – Absolutely! Am I Hungry? has been taught in many companies and organizations. In fact, not only are healthier employees happier and more productive, the mindful eating concepts they learn are transferrable to other aspects of their work life. We've found that a one-hour lunchtime format focused on the "Think" portion of the curriculum works best for onsite programs. You can offer additional workshops on the Nourish and Live portions of the curriculum as well. If you employees in multiple or remote locations, you may want to consider offering a webinar instead. Please visit:

<http://www.amihungry.com/programs/mindful-eating-for-workplace-wellness>

Q – Do you have corporate licenses available so my organization can provide Am I Hungry?® through multiple facilitators or multiple locations?

A – Yes, there are corporate Am I Hungry?® licenses available. These are structured to meet the specific needs of your company or organization so please contact us at Training@AmIHungry.com or 480 704-7811 to discuss the details.

Q – How much weight do people lose "doing" this program?

A – Am I Hungry? is a weight neutral program (or health at every size® approach). Our goal is to guide participants to transform their underlying thoughts, feelings, and beliefs about eating and physical activity, leading to meaningful and sustainable behavior change.

Q – Does medical insurance pay for participants to attend these workshops?

A – That depends on the individual's health insurance policy and the diagnosis. Some participants have a Medical Savings Account or other benefits they can use. Please advise your participants to consult their insurance company or accountant. Some medical providers may be able to bill for "group visits" or "shared medical appointments" for their patients with appropriate diagnoses (more information about these options during training).

Q – How do I market my Am I Hungry? Mindful Eating workshops?

A – We will help you create a comprehensive Business and Marketing plan during your Facilitator Training. We'll also provide you with marketing materials and tools including flyers, posters, articles, handouts, and press releases. You will post your workshops on www.AmIHungry.net with a link from www.AmIHungry.com. We include a link to the workshops and a list of the cities with upcoming workshops in our email newsletter which currently reaches over 40,000 subscribers.

Q – What are the downsides to participating in a training online?

A – We feel that the advantages of online training far outweigh the disadvantages. However, it is important for you to consider the limitations so you can minimize them: Online training requires commitment and organization in order to complete the process in a timely manner. We have done everything possible to provide a clear structure, action plans, and checklists to help you do just that! The other potential downside is that you are not actively participating in the discussions during the training sessions (though they were recorded live so you will get to “listen in.”) Therefore, we encourage you to take advantage of our online forums, email contact, and the one-on-one session with Dr. May near the end of your training.

Q – Will you also offer Am I Hungry? Facilitator Training in a live format?

A – Once we began offering Facilitator Training Online, the demand for live training declined sharply due to the convenience of the online format. We also offer live Am I Hungry?® Mindful Eating Retreats that give us a chance to work with Facilitators and participants in person: <http://www.amihungry.com/Am-I-Hungry-Mindful-Eating-Retreat.shtml>

We are confident that our comprehensive online training is an excellent format for covering the same content and skills with the added accessibility necessary for busy professionals in numerous time zones. Combining the convenience of technology with the numerous opportunities for personal interaction will help you complete your training in the most effective and efficient manner possible.

Other questions? Please contact us: Training@AmIHungry.com or 480 704-7811.

Not only do you learn an approach that resonates with people and reflects healthy living, you also get all the tools you need to implement it. Very well done.

—Cristin Cooney, M.Ed, MCHES, CTTS

I loved the program and think it has a lot of integrity. It is comprehensive and covers emotions, nutrition, fitness, and mindful eating. A well put together program. I have lots of background in all of the above and still found this to be inspiring, uplifting; some new ideas for me and a well-rounded healthy approach. I would recommend it, absolutely. I am thrilled to be a part of it.

—Denise Cangiano, M.A., LMFT

Very comprehensive—makes you feel ready to teach others! —Mike Keaveny, Psy.D.