

Healthy Habit & Mindset Keys Masterclass

SYLLABUS

Week 1

Wednesday, May 31

Lesson 1: Intro, Mindset, Paradigm Shifts (video)

12 pm ET

Thursday, June 1

Lesson 2: Word Choices, Self-Talk, Self-Compassion, and Your Inner Self-Coach (video)

12 pm ET

Friday, June 2

Lesson 3: Your Relationship With Food (video)

12 pm ET

Live Workshop #1: Exploring Your WHY That Is Worthy (1 hr webinar)

4 pm ET

Saturday, June 3

Lesson 4: Managing Hunger (video)

12 pm ET

Sunday, June 4

Lesson 5: Setting Boundaries for Yourself and Others (video)

12 pm ET

Monday, June 5

Lesson 6: How to Create and Change Your Habits (video)

12 pm ET

Live Workshop #2: Removing Barriers and Creating New Habits (1 hr webinar)

12 pm ET

Tuesday, June 6

Lesson 7: Emotional Eating

12 pm ET

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Week 2

Wednesday, June 7

Lesson 8: How Our Brain Affects Our Drive and Motivation to Eat (video) 12 pm ET

Live Q&A #1 (45 min webinar) 7:30 pm ET

Thursday, June 8

Lesson 9: Cortisol and Stress (video) 12 pm ET

Friday, June 9

Lesson 10: Disordered Eating and Addiction (video) 12 pm ET

Live Workshop #3: Creating Your Plan and New Relationship With Food (1 hr webinar) 3 pm ET

Saturday, June 10

Lesson 11: How To Stop Bingeing or Using Addictive Foods (video) 12 pm ET

Sunday, June 11

Lesson 12: Why We Self-Sabotage (video) 12 pm ET

Monday, June 12

Lesson 13: Strategies to Stop Self-Sabotage (video) 12 pm ET

Live Workshop #4: Ending Emotional Eating (1 hr webinar) 3 pm ET

Tuesday, June 13

Lesson 14: Wrapping Up to Move Forward 12 pm ET

Live Q&A #2 (45 min webinar) 11 am ET