

Transformations: Mindset & Behavior Masterclass

4 week Masterclass October 16th to November 13th, 2024

Day	Date	Lesson Agenda	Time	Session Type
Wednesday	Oct 16	Lesson 1: Creating Rock Solid Motivation	8 AM ET / 5 AM PT	Video
Thursday	Oct 17	Live Workshop #1: Deep Into your Why	11 AM ET / 8 AM PT	Zoom
Friday	Oct 18			
Saturday	Oct 19			
Sunday	Oct 20			
Monday	Oct 21	Lesson 2: Transforming Rather Than Dieting	8 AM ET / 5 AM PT	Video
Tuesday	Oct 22	Live Q&A #1	7 PM ET / 4 PM PT	Zoom
Wednesday	Oct 23	Lesson 3: Eliminating Limiting Beliefs and Perceived Barriers	8 AM ET / 5 AM PT	Video
Thursday	Oct 24	Live Q&A #2	11 AM ET / 8 AM PT	Zoom
Friday	Oct 25			
Saturday	Oct 26			
Sunday	Oct 27			
Monday	Oct 28	Lesson 4: Strengthening Your Wise Self-Coach	8 AM ET / 5 AM PT	Video
Tuesday	Oct 29	Live Workshop #2: How to Listen to Your Brain	7 PM ET / 4 PM PT	Zoom
Wednesday	Oct 30	Lesson 5: Examining Your Relationship With Food	8 AM ET / 5 AM PT	Video
Thursday	Oct 31	Live Q&A #3	11 AM ET / 8 AM PT	Zoom
Friday	Nov 1			
Saturday	Nov 2			
Sunday	Nov 3			
Monday	Nov 4	Lesson 6: Understanding How Your Brain Works	8 AM ET / 5 AM PT	Video
Tuesday	Nov 5	Live Workshop #3: Your Emotional Management System	7 PM ET / 4 PM PT	Zoom
Wednesday	Nov 6	Lesson 7: Avoiding Emotional Eating	8 AM ET / 5 AM PT	Video
Thursday	Nov 7	Live Workshop #4: Your Identity Is You	11 AM ET / 8 AM PT	Zoom
Friday	Nov 8			
Saturday	Nov 9			
Sunday	Nov 10			
Monday	Nov 11	Lesson 8: Decreasing Self Sabotage	8 AM ET / 5 AM PT	Video
Tuesday	Nov 12	Live Q&A #4	7 PM ET / 4 PM PT	Zoom
Wednesday	Nov 13	Masterclass Wrap-Up	8 AM ET / 5 AM PT	Video