



# mBIT Certified Coaching

Applied Neuroscience

Become an mBIT coach with a professionally certified mBIT Trainer

*"Learn simple and powerful techniques to detect and overcome issues where your client's head, heart, gut and brains are NOT aligned."*



## Why become a certified mBIT Coach?

Do you ever have clients with the following brain integration issues?

- Internal conflicts between their thoughts, feelings and actions
- Repeatedly not acting upon or sabotaging their dream, goals and plans
- Doing unwanted behaviours or habits and don't know why and have difficulty stopping
- Challenges in making decisions or are unable to motivate their 'self' to take action
- Chronically experiencing disempowering emotional states such as frustration, depression, anger, anxiety etc
- Chronic health issues, especially those to do with the heart or gut region e.g. speedy palpitations, hyperventilation, IBS.

*As well as the 4 days exhilarating training you will receive your own copy of the mBIT book, your mBIT coaching licence and access to a virtual community of global mBIT coaches with a frequently updated electronic library of resources.*

Latest neuroscience research shows that you have 3 brains!!

Have you had clients come to you wrestling with continued indecisiveness and ongoing unresolved issues?

Do your clients struggle with internal conflict between their headbased thoughts, their gutbased instinct and their heart-based emotions?



This training is great for Professional Coaches of all types, counsellors, trainers and educators, leaders, managers and mentors as well as those wishing to move into these areas of work. Really it is for anyone who needs to coach others to produce effective results that can only be achieved when head, heart and gut are aligned.



## There is a global excitement about becoming a certified mBIT coach...

Get ahead of the game and take this training now to become one of the leaders in this globally emerging and exciting field. You can use it to make yourself stand out from your market place, as well as massively boosting your coaching effectiveness by learning to align your clients' autonomous nervous systems (three brains).

You will learn how to tap into the power of your client's innate intuition and the wisdom of their heart and gut brains. Learn how mBIT can streamline your coaching processes to gain quicker, deeper and more generative results and finally you will gain access to a professional network and collaborative community of 'multiple brain coaches' that are working together to bring evolutionary change to the world. You can progress to the next level and become an mBIT Trainer.



### During this training you'll discover...

- How to recognise and interpret the different languages of your three main intelligences
- Deep insights into how your multiple brains produce internal conflict and what you can do about it
- How your gut and heart brains are able to learn and grow new neural pathways and how you can actively educate them for greater intuition and better decisions
- How to balance the autonomic nervous system through the mBIT
- Balanced Breathing method to quickly relieve stress and balance your sympathetic and parasympathetic systems.

Costs include all refreshments and lunch, mBIT book and manual, coaching licence, access to all online resources and mBIT community forums. Places are limited to 20 on each course.

ICF R&D CCEUs available!