



Mindful Eating Program

Online Facilitator Training

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

The Am I Hungry? Mindful Eating Program is ideal for your clinical office, corporate wellness program, health and wellness center, hospital, health insurance program, fitness facility, campus, and community!



This information packet includes details about the Mindful Eating Program Facilitator Training including FAQs.

Already decided? Great!

[Click here to order](#)

then choose from 1, 3 or 10 payments

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Contact Us:

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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

This Mindful Eating Training is for you if you...

- ...aspire to **create a greater impact and become a dynamic, effective agent of change.**
- ...**believe in empowering individuals** to develop a positive, sustainable approach to eating, physical activity, and self-care.
- ...want to really **make a difference** in the lives of your patients or clients struggling with eating-related issues.
- ...question the current weight-centric approach health 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.
- ...are curious about **offering group programs to optimize your time and effectiveness.**
- ...wish to **earn great money doing what you love** - helping people realize their **optimal well-being.**

If so, become a Licensed Facilitator 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

Unique features of the Am I Hungry? Mindful Eating Program

- A non-diet, weight-neutral, mindfulness-based approach provides participants with comprehensive, flexible, and sustainable decision-making tools for improving nutrition, physical activity, and self-care for optimal well-being.
- Developed by family physician, Michelle May, M.D. in collaboration with a multidisciplinary team including a psychologist, 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: A Mindful Eating Program to Break Your Eat-Repent-Repeat Cycle*.
- Utilizes mindfulness and cognitive behavioral strategies to motivate sustainable changes in behavior, increase self-efficacy, promote self-management, and inspire participants to increase their activity, improve their nutrition, and practice self-care.
- Consistent with a Health at Every Size[®] philosophy. This program is weight neutral so participants may or may not lose weight through this process. We consider weight change a possible side-effect of healing their relationship with food and their body.
- May be taught by a single licensed Facilitator or by a multidimensional team of Facilitators (e.g. health educator, nutritionist, exercise specialist).
- Am I Hungry?[®] Mindful Eating Program Format:
 - 8-weekly interactive group workshops (in person or by telephone or webinar)
 - Typically 90 minutes each week but may be 1-2 hours in length depending on size and setting
 - Individuals or small, medium, or large groups
 - Facilitators may use PowerPoint or flipchart/dry erase board for visual support of key points
 - 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, significantly increased activity, more healthful eating, and gradual weight loss 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



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.

Am I Hungry? Mindful Eating Program Training provides:

- **The skills** to be an effective, inspiring workshop facilitator.
- **Intensive training** – 32+ hours of training available online at *your* convenience.
- **Life-changing mindful eating and intuitive eating strategies using a non-diet, weight-neutral approach** you can immediately use and share.
- **Full immersion in the Am I Hungry? program.** During Training, you'll do the 8-week Am I Hungry? Mindful Eating Program facilitated by Dr. May via online videos.
- **Valuable training materials.** We provide everything you'll need for success:
 - Am I Hungry? Mindful Eating Program webinars with Michelle May, M.D. View them on your schedule at your own pace, as many times as you wish.
 - Complete Am I Hungry? MEP Facilitator's Guide keyed to all your other tools
 - PowerPoint slides for an introductory session and all eight workshops
 - Signed 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 www.AmIHungry.net Member Portal and online tools
 - Unlimited email and phone access to the Am I Hungry? Team for questions
 - Quarterly Licensee Update. All content updates are also included.
 - Up to 50% off our other mindful eating trainings



- **BONUS! Comprehensive Business Planning and Marketing Curriculum.** You'll learn how to successfully manage and market your workshops.
- **Continuing Education credits available** (see Registration page for details.)
- **Unparalleled personal and professional growth** to take you to a whole new level!

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

 **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

 **BONUS!**
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 Library**

Workshop Facilitation Skills

Eating Disorders

Support Groups

Healthcare Settings

Corporate Workshops

 **Support**

Unlimited email support

Online Forum (Participant and Facilitator)

Quarterly Licensee Training and Update

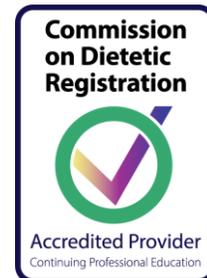
For a copy of the Mindful Eating Program Facilitator Training Objectives, please click or cut and paste this link:

<http://www.amihungry.com/pdf/Am-I-Hungry-Facilitator-Training-Objectives.pdf>

Continuing Education Credits

Am I Hungry? is a Continuing Professional Education (CPE) Accredited Provider with the **Commission on Dietetic Registration (CDR)**. CDR Credentialed Practitioners will receive 32 Continuing Professional Education (CPEs) for completion of this activity.

This program has been approved for 32 **Wellcoaches** continuing education hours (CEH).



Objectives

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

Disclosures

Michelle May, M.D., as owner of Am I Hungry? P.L.L.C., has a financial relationship with this activity. This presenter is aware of the conflict of interest policy and has agreed to present the information fairly and without bias.

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

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

Licensing Requirements

In order to maintain our high standards, training and licensing is required in order to offer Am I Hungry?[®] programs. 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.

- Am I Hungry?[®] is protected by copyright and trademark. Programs can only be offered by trained and Licensed Am I Hungry? Facilitators, Therapists, Instructors, and Coaches.
- Signed Licensee 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 Program workshops and read *Eat What You Love, Love What You Eat: A Mindful Eating Program to Break Your Eat-Repent-Repeat Cycle*. (These requirements will be met during your training.)
- Satisfactory completion of the Am I Hungry? Mindful Eating Program Training and pass a post-test demonstrating understanding of essential Am I Hungry? concepts.
- Demonstration of proficiency using the Am I Hungry? training materials and resources including the Am I Hungry?[®] Facilitator Guide, and PowerPoint presentations of the eight workshops, business forms, and marketing materials.
- Your initial Am I Hungry? Training and Licensing Fee includes all your materials, training, and first Annual Licensing fee (see below). The Annual Relicensing fee is \$500 and includes continued access to the Am I Hungry? Member Portal and Licensee Forum, program updates, marketing support, quarterly Licensee updates, up to 50% off our other mindful eating trainings, and much more!
- Your first license term is 15 months—including three months to complete your online training and your first annual license. (See Frequently Asked Questions for more details.)
- Payment of a Participant Fee to Am I Hungry? for each participant which covers their workshop materials including: copy of *Eat What You Love, Love What You Eat* and *Am I Hungry? Mindful Eating Program Workbook and Awareness Journal*, motivational emails, password access to the www.AmIHungry.net Member Portal, and administrative expenses. The Participant Fee is \$40 per person for individuals (plus shipping); it is \$50 in a Workplace Wellness setting due to additional services provided to employers.

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

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

Register for Am I Hungry? Mindful Eating Program 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 use a purchase order (single payment only).

Complete Training and Licensing Fee.....\$1999*
**

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

****Current Am I Hungry? Licensees:** See the Licensee Marketplace for discounted pricing for this training.

Credit card

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

- 1 payment of \$1999
- 3 monthly payments \$683. 1st payment on registration then every 4 weeks.
- 10 monthly payments of \$205. 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 for a registration link. This option is available for a single payment of \$1999 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

*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.*

Frequently Asked Questions

Q – What is the Am I Hungry? Mindful Eating Program Facilitator Training?

A – Am I Hungry? Mindful Eating Program Facilitator Training is an online training 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 Training since 2006 and over 800 Licensees from multiple disciplines have been trained in more than forty countries!

Q – How does this online training work?

A – Below is a general outline of what happens once you register for Am I Hungry? Mindful Eating Program Facilitator Training. Also, watch [this video](#) to learn more about this training.

- When you register, you'll receive a Licensing Agreement and MEP Addendum to review, sign, and return. You'll also receive a link to an information form so we can learn more about you.
- As soon as we receive your signed Licensing Agreement and Addendum, we'll immediately ship your training materials (see page 4).
- We'll email your log-in instructions for our www.AmIHungry.net Member Portal. This Portal has videos and audios for all of the training on page 6 (and more!). You can complete these sessions on your schedule, at your pace.
- 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* Workshop 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 essential Am I Hungry? mindful eating concepts.
- 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? Mindful Eating workshop for friends, family, co-workers, or potential participants to demonstrate proficiency using the Am I Hungry? Mindful Eating Program Facilitator Guide, PowerPoint presentations (or flip charts), and marketing materials. Introductory sessions are also a wonderful marketing tool for your future workshops, so we provide everything you need to be successful.
- After you fill out a Training Evaluation form, we'll mail your License and Continuing Education Certificate.

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 – As soon as you've completed the training requirements, you are 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, for example, one session per week. 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 and a fast Internet connection.

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, though many charge more than that. 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 \$8 in the U.S. per participant for the Participant Fee).

As an example, if you charged \$250 per participant (\$48 of that for the Participant Fee and S&H), had an average of eight participants for each workshop series, offered four workshops a year, and used your office lobby after hours, you could make an additional \$6,464 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 also see people individually, not just in groups.

A – You'll be excited to learn that we also offer Am I Hungry? Training for Mindful Eating Coaching. The Training for Mindful Eating Coaching is designed to support the successful

integration of the Am I Hungry? Mindful Eating Cycle that you'll learn about during the Mindful Eating Program Facilitator Training into one-on-one work with clients or patients in a variety of corporate, clinical, and private settings. It focuses on important aspects of the coaching process, including impactful questions, suggested activities, and potential barriers that clients, patients, and health professionals may encounter. For more information about this training, visit our website: www.amihungry.com/train-with-us/training-for-mindful-eating-coaching. There is a significant savings for participating in multiple trainings; please email training@amihungry.com for the links.

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. Based on our experience, those who have health/behavioral health/fitness/or wellness training and qualifications, *and/or* significant personal experience are most successful. Examples include physicians, P.A.s, N.P.s, dietitians, nutritionists, psychologists, coaches, exercise physiologists, 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 this program.

Q – Why do you require licensing and 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 connection with those who offer Am I Hungry? Mindful Eating programs. Specifically, you will be licensed to use our brand, logo, and most important, our Mindful Eating Cycle model. We are committed to continuous quality improvement so our programs have evolved significantly over the last seventeen years and our Licensees have been kept up to date with fresh perspectives and materials on an ongoing basis. In turn, your clients can feel confident that as a licensee, you are in step with the most recent developments.

In addition, the License Fee enables us to provide ongoing support and marketing, quarterly materials updates, Licensee Updates, up to 75% off of our other mindful eating trainings, and access to all of our resources and a community of individuals around the world who work with these life-changing concepts.

Q – What will the Licensing Fee be after 15 months?

A – The annual License Renewal fee is \$500 and includes quarterly Licensee 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. (There is only one Licensing Fee per person, no matter how many trainings you do with us.)

Q – I am a health professional who really believes in mindful eating. Why wouldn't I just create a program myself?

A – You could certainly create your own program - many individuals have. After we discovered how powerful our Mindful Eating Cycle model is for teaching this approach to individuals and groups, we decided to offer mindful eating training so *you* don't have to do all the work we've already done or spend all of the time and money that we've invested in building Am I Hungry? mindful eating programs. You don't have to wait for the years of experience required to establish which strategies, techniques, and materials work best for participants so you can offer the best program possible. We also provide you with all of the materials - detailed Facilitator Guide, book, workbook, PowerPoints, flyers, documents, and much more - that took us years to develop (and we do the work to keep them up to date!). Another reason to consider Am I Hungry? instead of trying to develop something on your own is that we provide ongoing support, marketing, and connection with others who love mindful eating too. [Participants in our trainings say](#) that it exceeded their expectations and was well worth their investment. In short, our intention is focus on doing what we do best so *you* can focus on serving your circle of influence!

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

A – Absolutely! A multi-disciplinary team is an excellent way to deliver the workshops. In fact, we offer \$250 off each additional Facilitator Training registration from the same organization or company. All of your regular Facilitators must be licensed. 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 but the Licensee is responsible for making sure the content they present is consistent with this approach.

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 password access to the www.AmIHungry.net Member Portal. These are all included in the Participant Fee.

Q – What is the private “Am I Hungry? Member Portal”?

A – Our private network portal for Am I Hungry? participants and Licensees is www.AmIHungry.net. From the Member 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 Licensees, read Licensee 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, physical activity, and self-care. 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 licensees who would like to offer workshops especially for those groups, we offer additional training at a significantly reduced price for licensees:

Mindful Eating for Diabetes Facilitator Training

<http://amihungry.com/train-with-us/mindful-eating-for-diabetes-facilitator-training/>

Mindful Eating for Binge Eating Therapist Training

<http://amihungry.com/train-with-us/mindful-eating-binge-eating-therapist-training/>

Mindful Eating for Bariatric Surgery Facilitator Training

<http://amihungry.com/train-with-us/mindful-eating-for-bariatric-surgery-facilitator-training/>

Mindful Eating for Students

<http://amihungry.com/programs/mindful-eating-for-students/>

Mindful Eating and Yoga

<https://amihungry.com/train-with-us/mindful-eating-training-for-yoga-instructors/>

Training for Mindful Eating Coaching

www.amihungry.com/train-with-us/training-for-mindful-eating-coaching

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:

<http://amihungry.com/programs/mindful-eating-for-families/>. We also have a book called [Eat What You Love, Love What You Eat for Students: A Mindful Eating Program for Fueling the Life You Crave](#) that is appropriate for older teens, college students, and young adults.

Q – Can I teach workshops in countries other than the U.S. and in other languages?

A – Definitely! We have trained people in more than forty countries; check out [Am I Hungry? International!](#) While *Eat What You Love, Love What You Eat*, the Facilitator Guide, and Facilitator Training are in English, some of the participant materials have been translated into other languages, including Danish, French, German, Icelandic, Italian, Lithuanian, Portuguese, and Spanish. In addition, the workbook has been adapted for use in India and the UAE (in English). If you have any interest in using translated materials, please contact us to discuss the options: Training@AmIHungry.com or 480 704-7811, ext. 301

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 workplace 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. During your training, please email us to let us know that you are interested in Workplace Wellness and we will give you access to that area of the Member Portal too.

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 have 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, ext. 301 to discuss the details.

Q – How much weight do people lose during this program?

A – Evidence indicates that focusing on weight loss as a primary goal for an intervention can be ineffective and counterproductive. For this reason and many others, Am I Hungry? is a [weight-neutral approach](#) (or Health at Every Size[®] approach). For people who practice mindful eating, weight loss *may* be an outcome—but we view it as a possible side effect of Am I Hungry? programs and services, not the primary reason to participate. 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. For more information on this topic, please review our white paper, [Mindful Eating: Shifting the Focus from Weight to Well-being](#) and the paper co-authored by Dr. May called "The consequences of a weight-centric approach to healthcare: A case for a paradigm shift in how clinicians address body weight" (Abstract: <https://doi.org/10.1002/ncp.10885>)

Q – What evidence do you have about mindful eating that I can share with the decision makers here?

A – We have a partial list of Mindful Eating Research for download at: <http://amihungry.com/resources/>. You may also download our referenced white papers: <http://amihungry.com/mindful-eating-white-papers/>.

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 Program?

A – We will help you create a comprehensive Business and Marketing plan during your Training. We'll also provide you with marketing materials and tools including flyers, posters, articles, handouts, and press releases. You may also 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 60,000 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? training in a live format?

A – Once we began offering 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 participants and Licensees in person: <http://amihungry.com/learning-options/mindful-eating-retreats/>

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 various 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.

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

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