

Mental Wellness Coach Certification

Taught by

Dr. Shawn Talbott

Amare's Chief Science Officer

PhD, CNS, LDN, FACSM, FAIS, FACN



[Registration Link](#)

Join us on Monday-Tuesday, Feb 20 & 21, 2023 for an amazing and special Certified Mental Wellness Coach (CMWC) training in Phoenix-Mesa.

Our event will be held ~15-20 minutes east of Phoenix Sky Harbor Airport at the **Three Fountains of Mesa Clubhouse** located at 1550 N Stapley Dr, Mesa, AZ 85203.

This will be a very special **“live and learn”** event - where students will choose their own stay accommodations and **attend 2 full days of education** about the **Microbiome, Gut-Brain-Axis, Nutrition and Mental Wellness** (stress, energy, focus, sleep, metabolism, etc). There will be ample time for fire pit, pickle ball, BBQ, and hanging out (what could be better than sitting around the fire pit and feeding your microbiome a glass of polyphenols)?!?!)

Feb 20 (Monday) Class - 8:45 am to 5:30 pm - Breakfast check-in starts at 8:00 am
(lunch, snacks included; optional BBQ, fire pit, pickle ball onsite \$10pp)

Feb 21 (Tuesday) Class - 8:45 am to 5:30 pm - Breakfast check-in starts at 8:00 am
(lunch, snacks included; optional self-pay class dinner at a local spot)

Tuition is \$1,500 per person

Even better, we are doing a **“BOBO”** deal (buy one - bring one) - where you can bring a friend to get certified with you for **FREE** (Guest Must NOT be current Amare/Kyani Brand Partner).

This is a screaming deal that will sell out fast!

Register ASAP and call Julie at 801-712-0408 with registration/class questions.

Call your hosts, Patrick & LeAnn, 480-334-9296 with accommodation questions.

The Certified Mental Wellness Coach (CMWC) is a streamlined, focused, intense course spanning 16 hours of instruction (8 hours each day) in the role of diet and lifestyle factors in balancing the Microbiome-Gut-Heart-Brain-Axis for improved Mental Wellness. This course is open to anyone interested in this topic, i.e., practitioners, therapists, educators, parents, coaches.

Total costs are:

- Tuition = \$1,500 per student (and you can bring a guest for FREE – or share the tuition)
(Guest Must NOT be current Amare/Kyani Brand Partner)
- Food = included continental breakfast and coffee, healthy lunch, refreshments, self-pay class dinner at a local spot)
- CMWC course materials
- 16 CEUs and [Digital Badge](#) from Marietta College
- Printed Workbook = includes 500+ slides (\$100 value)
- PowerPoint slides used in the certification (500+ slides for your electronic library)



Why Becoming a CMWC is Important

At no time in human history have we ever been so “advanced” technologically and yet so miserable psychologically.

It's no exaggeration to describe stress, depression, anxiety, and burnout as epidemics – literally the “**Black Plague**” of our modern times.

How you feel is not just in your head, it's also in your gut, and your heart, and your immune system, and in many other places inside and outside the actual brain in your head.

National surveys show that happiness and life satisfaction levels are at all-time lows, while depression, suicide, drug addiction, and use of prescription antidepressants and pain-killing opioids are at all-time highs.

There is no physical health without mental wellness. They are two sides of the same coin, and they are vital for each other and for our ability to reach our peak potential in this one life that we have to live.

The CMWC will explore research-supported natural approaches can improve how we feel mentally and perform physically in every aspect of our daily lives, including:

What is Mental Wellness Coaching?

- Education, Guidance, Training, Support to help unlock potential
- **Why EVERYONE needs a coach!**
- **What Mental Wellness Coaching is NOT**
Counseling, treatment, prescribing, medicine...
- **Objectives**
- Workshop Format
500+ slides (many for reference)

Part 1 – Science

- New Paradigm of the Gut-Heart-Brain-Axis
- Science-based products (how Amare fits)
- Mental Wellness Economy
- Science Deep Dive

Part 2 – Practice – What to DO?

- Mindset
- Ingredient Sourcing
- Functional Nutrition
- Immune System
- Stress
- Gut-Brain-Axis
- Endotoxemia / Metabolism
- Heart-Brain-Axis
- Physical Performance
- Sleep
- Anti-Aging

[Registration Link](#)