

MindMaps Education Systems, Inc.

CORE Weight Management Program

What is it?

A Certified Coach-led weight management program that includes a team of professionals—certified coaches, registered dietitians and certified personal trainers.

How do I become Certified?

Attend webinar, teleconference and live workshop trainings for 18 weeks and implement the CORE process.

How do I benefit from being Certified?

- A wealth of cutting edge weight management skills to assist your client's and your own success.
- Incredible networking and real business models to generate revenue for your niche business.
- MindMaps Education Systems (MMES), Inc. is a resource for potential referrals and marketing.

*Preferred status regarding paid speaking engagements for MMES.

*Preferred status regarding paid staffing and marketing at MMES seminars.

**Performance evaluations also considered in selection criteria.*

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As a Coach, Are You “Stuck” in Finding Your Niche?



Implement a Proven Business Plan and Lead a Doctor Recommended Weight Management Program with Your Coaching Certification!



Early Registration Ends: July 15, 2010
Register by: August 15, 2010

Objectives

- Demonstrate proper use of computer software and device tools for clarity in caloric intake and caloric burn.
- Identify how a business model can be used to generate revenue for a coaching business for a market niche in weight management.
- Explain why cognitive behavior therapy is most effective in the treatment for obesity.
- Distinguish between myths and current studies regarding nutrition recommendations for weight management.
- Distinguish between myths and current studies regarding exercise recommendations for weight management.
- List the 2 advantages and 2 disadvantages to each of the 3 most common bariatric surgeries.
- Name 3 factors that can promote a successful outcome with a morbidly obese patient, post-bariatric surgery.
- Recognize 3 factors that can produce a poor outcome (less weight loss) with a morbidly obese patient, post-bariatric surgery.
- Describe key nutrition recommendations pre- and post-bariatric surgery.
- Understand important components of an exercise program to aide weight loss safely.
- List 2 ineffective beliefs that an obese client might share.
- Identify 3 ways to improve the nutrition and taste of food for weight loss.
- Utilize a coaching technique to improve behavior for nutrition and exercise.
- Demonstrate a neurolinguistic programming (NLP) exercise to maximize behavior changes in the obese client.
- State 3 ways to develop rapport with obese clients.
- Experience the 12 week CORE Weight Management Program as a client.
- Utilize the CORE Weight Management Program with one client.

Your Own Personal Monitoring Device for Measuring Your Metabolism Included!



Help Turn Your Coaching Business Around!



Become a Certified Weight and Obesity Management Coach (CWOMC) through MindMaps Education Systems, Inc.

Webinar Training Starts
August 26, 2010-September 1, 2010

Includes a Live Workshop:
September 10-13, 2010
Westwood Business Centre
611 South Main St., St. 400
Grapevine, TX 76051

Webinar Training Completed
December 23—30, 2010

Organization

ICF Continuing Education Hours—applying for a minimum of 26 hours of CCEUs.

Cancellation Policy: All credit cards will be charged and checks cashed at the time of registering by phone, mail or e-mail. A 50% non-refundable fee applied if cancellation occurs 30 days or more before seminar. A 75% non-refundable fee applied if cancellation occurs 14-29 days prior to seminar. No refund available if cancellation notification provided 13 days or less before day of seminar or in no cancellation notification made. All non-refundable fees may be applied to future seminars.

Registration Form Certified Obesity & Weight Management Coach Program

thru MindMaps Education Systems, Inc.

- | | | |
|--------------------------|--|--|
| <input type="checkbox"/> | Early Registration (deadline 7/15/10) | Price
\$2,500.00 |
| <input type="checkbox"/> | Registration by August 15, 2010 | \$2,750.00 |
| <input type="checkbox"/> | Registration— 6-month Payment Plan Agreement | \$500.00 payments
07/15, 08/15, 09/15, 10/15, 11/15, 12/15/2010 |

Coaching Credential(s) _____ Year(s) Certified _____

Years Coaching Experience _____ Education Source for Certification _____

First Name _____ Last Name _____

Street Address _____ Apt. No. _____

City _____ State _____ Zip Code _____

Contact Phone _____ e-mail address _____
Method of Payment

- | | |
|--------------------------------|-------------------------------------|
| <input type="checkbox"/> Check | <input type="checkbox"/> Discover |
| <input type="checkbox"/> Visa | <input type="checkbox"/> MasterCard |

Credit Card # _____ Exp. date _____

Credit Card Code _____

Credit Card Billing Address—City, State, Zip _____

Signature _____ Date _____

Checks payable to: MindMaps Education Systems, Inc.,
P.O. Box 1293, Grapevine, TX 76051

Hotel Information:

Baymont Inn DFW Airport,

301 Capitol Street, Grapevine, Texas, 76051.

Free shuttle to DFW airport and Westwood Business Centre

Special room rates—\$89.00 per night (rate expires 08.26.10)

Continental Breakfast included.

MindMaps Certified Coaches Group

817.329.9300

www.baymontinns.com