



The human body is a complex and interconnected system, with various parts working in harmony to maintain overall health and well-being. One fascinating aspect of this intricate system is the gut-mind connection, which highlights the profound influence our gut health has on our mental and emotional well-being. The gut, often referred to as the "second brain," houses millions of neurons and produces neurotransmitters that directly impact our mood, cognition, and overall mental state.

mBIT, or Multiple Brain Integration Techniques, is a revolutionary coaching methodology that taps into the power of the gut-mind connection. This innovative approach recognizes that we have not one, but three intelligence's: the head brain (intellect), the heart brain (emotion), and the gut brain (intuition). mBIT coach training certification equips individuals with the tools and techniques to harness the wisdom of all three brains and create a transformative change in their lives and the lives of others.



Obtaining **mBIT Coach Certification Training** offers numerous benefits for individuals seeking to enhance their personal and professional lives. Firstly, it provides a deep understanding of the gut-mind connection and how it affects our overall well-being. Armed with this knowledge, **Certified mBIT** coaches are equipped to guide their clients towards a healthier and more balanced gut mind and body health.

Additionally, mBIT Coach Certification Training enhances communication skills, emotional intelligence, and decision-making abilities, enabling coaches to better support their clients in achieving their goals.

mBIT offers a holistic approach to gut mind and body health. By integrating the intelligence of the head brain, heart brain, and gut brain, mBIT coaches can guide individuals towards optimal well-being. Through a combination of coaching techniques, mindfulness practices, and neuroscience principles, mBIT coaches help their clients develop a deeper connection with their intuition and inner wisdom.

The techniques taught in mBIT Coach Certification Training enable individuals to become more aware of their gut sensations and interpret them accurately. This heightened awareness allows for better decision-making, increased emotional intelligence, and improved overall well-being. mBIT coaches assist their clients in identifying and transforming limiting beliefs and patterns that may be affecting their gut mind and body health, leading to lasting change and personal growth.

Let's hear what **Rashna Adbi** says about her experience during the mBIT Certification:

"The sync of mind, heart and gut is a kind of a super power to learn and master. It enables one to become more emotionally stable and align all the three parts to work as a team. mBIT has made a huge difference in how I function now and I would urge everyone to go ahead and do it to achieve this super amazing power of aligning your mind, heart and gut."



The gut-mind connection is a fascinating and powerful aspect of human physiology. Understanding and harnessing this connection can have profound implications for our mental, emotional, and physical well-being. mBIT Coach Certification Training offers individuals the opportunity by embracing this holistic approach, we can unlock the true power of the gut-mind connection and cultivate optimal gut mind and body health.

If you are ready to unlock the power of the gut-mind connection and enhance your coaching practice, consider enrolling in mBIT Coach Certification Training today.

Meet Your Trainer:

Your journey in mBIT will be guided by our qualified mBIT Master Coach and Certified Trainer, **Reb Veale**. As an early practitioner and trainer of mBIT, she was personally trained by its founders, Marvin Oka and Grant Soosalu, in 2013. Reb has shared her expertise and passion for mBIT with individuals worldwide, from the UK and Greece to South Africa Egypt and Pakistan.

Reb, a NLP Master Trainer with a background in psychology, psychotherapy, coaching, and business management, brings a wealth of experience to your training journey.



Dates of Training:

November 16th - 19th, 2023

Limited Seats Available - Reserve Your Spot Now!

Our mBIT Coach Certification Training is an exclusive opportunity, with limited availability to ensure a personalized and impactful experience. We aim for an intimate group of around 12 people. Don't miss your chance to join us for this transformative journey.

Contact Information:

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mBIT

Coach Certification Training

Tap into the Power of Your Three Brains



Trainer: REB VEALE



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