

Transformations: Mindset & Behavior

Masterclass Syllabus

July 24th to August 21st, 2024

See below for the dates that the video lessons will be released and live sessions held.

Day	Date	Lesson Agenda	Time
Wednesday	Jul 24	Lesson 1: Creating Rock Solid Motivation	8 AM ET / 5 AM PT
Friday	Jul 26	Live Workshop: Deep Into your Why	12 PM ET / 9 AM PT
Monday	Jul 29	Lesson 2: Transforming Rather Than Dieting	8 AM ET / 5 AM PT
Monday	Jul 29	Live Q&A	5 PM ET / 2 PM PT
Wednesday	Jul 31	Lesson 3: Eliminating Limiting Beliefs and Perceived Barriers	8 AM ET / 5 AM PT
Friday	Aug 2	Live Q&A	12 PM ET / 9 AM PT
Monday	Aug 5	Lesson 4: Strengthening Your Wise Self-Coach	8 AM ET / 5 AM PT
Monday	Aug 5	Live Workshop: How to Listen to Your Brain	5 PM ET / 2 PM PT
Wednesday	Aug 7	Lesson 5: Examining Your Relationship With Food	8 AM ET / 5 AM PT
Friday	Aug 9	Live Q&A	12 PM ET / 9 AM PT
Monday	Aug 12	Lesson 6: Understanding How Your Brain Works	8 AM ET / 5 AM PT
Monday	Aug 12	Live Workshop: Your Emotional Management System	5 PM ET / 2 PM PT
Wednesday	Aug 14	Lesson 7: Reducing Self-Sabotage and Emotional Eating	8 AM ET / 5 AM PT
Friday	Aug 16	Live Workshop: Your Identity Is You	12 PM ET / 9 AM PT
Monday	Aug 19	Lesson 8: Supporting Your Developing New Lifestyle	8 AM ET / 5 AM PT
Monday	Aug 19	Live Q&A	5 PM ET / 2 PM PT
Wednesday	Aug 21	Masterclass Wrap-Up	8 AM ET / 5 AM PT