

# cooking FROM THE HEART for well-being

PRESENTED BY SIMPLY BEING WELL

## Teacher Training - Level I/ II Intensive Weekend

Dear Prospective Student:

Thank you for your interest in the Cooking for Well-Being Teacher Training program and the Level I/II Intensive Weekend! In this weekend, you will learn the cooking techniques and teaching techniques to teach traditional food cooking classes!

I created the Cooking for Well-Being Teacher Training program to answer the need for more traditional foods teachers. The objective is to create a cadre of teachers throughout the country and the world who are trained in teaching the principles and techniques of cooking nourishing, traditional food. These teachers will understand the nutritional and health benefits of traditional cooking techniques and have a good understanding of those techniques, and be trained to create and deliver traditional foods cooking classes.

### The following people would benefit from the Level I/II Intensive Weekend:

- health coaches and practitioners, including Nutritional Therapists, midwives, acupuncturists, herbalists, personal trainers, teachers
- those who want to teach Cooking for Well-Being Classes as a career or an add-on to their current holistic health practice

### The techniques that will be covered during the weekend are:

- Culturing Dairy and Making Whey
- Lacto-fermentation
- Making Nutrient-Dense Stock
- Soaking and Preparing Beans for Ease of Digestion and Nutrient Availability
- Soaking and Preparing Whole Grains for Ease of Digestion and Nutrient Availability
- Liver and Liver Pate
- Making Salad Dressings and Marinades

**Please note: in order to enroll in the Level I/II Intensive Weekend, you must be familiar with the above techniques.** While we would love to enroll everyone who is interested, the nature of the Level I/II Intensive Weekend requires that students have a basic level of understanding of the techniques.

**Interested individuals may be asked to participate in a phone interview to determine eligibility for the program.** (Simply Being Well LLC does reserve the right to deny enrollment based on the findings of the interview, and may invite those individuals who do not qualify for this Level I/II Intensive Weekend to enroll in the full Level I Training. Check [www.simplybeingwell.com](http://www.simplybeingwell.com) Calendar for upcoming Level I training dates.)

## Level I/II Intensive Teacher Training Requirements

### Full Program

- Read all books on required reading list prior to attending the classes
- Participate in scheduled conference calls
- Attend and participate in the weekend of classes and training
- Score 90% or above for each cooking and teaching technique presented
- Submit a filmed practice class for review prior to the conference call following the training
- Deliver a minimum of three classes within 2 months of the class
- Submit a report on those classes for review, comments and suggestions

Those who successfully complete this program will receive a certificate of completion, stating they have earned the title Traditional Foods Teacher.

### Enrollment fee:

\$2100.00 cash or check, \$2150.00 by credit card (There is a \$50 convenience charge for paying by credit card.) A 50% down payment is required. Balance is due by the enrollment deadline. Inquire about the deadline for EARLY BIRD discount.

Your enrollment fee includes conference calls, four days of training and materials. Tuition does not include the cost of travel, lodging or meals. See below for accommodation details as well as the enclosed Refund/Withdrawal Policy.

### Tuition Offers:

- **Installment Plan:** You may arrange to pay for your training in 4 installments. Offer good for regular tuition only. Balance due before the first day of training. Please inquire at [teachertraining@simplybeingwell.com](mailto:teachertraining@simplybeingwell.com).

**NOTE: This will be an intimate weekend of training. Class size is limited to the first NINE people, so register early!!**

### \*\*\*ADD-ON OPTION available: Follow-up Support\*\*\*

- **One hour live call support for six additional months following the completion of the program.**  
Rate: \$295.00

Should you have any questions about the program, feel free to call 970.685.7797 or email [monica@simplybeingwell.com](mailto:monica@simplybeingwell.com).

We look forward to receiving your registration, and having you be a part of the fantastic experience of teaching others how to prepare and nourishing, traditional food!

be well!

Monica Corrado  
Simply Being Well LLC  
Founder and Principal