

Do You Have What It Takes to Become an Emotional Eating Coach?

THE 3E CHECKLIST

Being an emotional eater erodes our health, our self-esteem, and our self-confidence. What's worse—overeating and binging on carbs and sugar is the primary cause of health issues like obesity, heart disease, diabetes, autoimmunity and cancer.

As an Emotional Eating Coach, you can be a part of the solution. Review this 3E Checklist and find out if you have what it takes to be an Emotional Eating Coach.

THE THREE Es



**EMOTIONAL
EATER?**

Are you an emotional eater and do you want to learn how to overcome it?

You must explore your relationship with food so you can draw on your experience and use that to help others.

When you are on your own journey of healing, then not only can you truly help and understand your clients, but doing so can also deepen your own transformation around food.



**HAVE
EMPATHY?**

Do you like helping people with their problems?

Helping people heal their hunger takes empathy and connection at the heart level. Emotional eaters make the best supporters. We are always the "shoulder to cry on", always caring about our family's and friends' emotions and problems.

To be an emotional eating coach, you need to be able to have a real interest in people, provide support and hold space for healing.

If you like helping people and are you a great listener you could be a great coach.



**GOT
EXPERIENCE?**

Do you want to profit from your passion?

Do you have a passion for health? Do you have experience healing your own health problems? Have you invested time and money on courses about self-improvement, like gut health, weight loss, brain health, positive psychology and spirituality?

If so, you could be a great fit! You've spent years studying health. Now, it's time to turn your passion into profit.

Did you pass?

You need all three checks to qualify for an exploratory call with Heal Your Hunger Expert, Tricia Nelson.