

A dynamic splash of clear blue water against a white background, with many droplets and bubbles in motion.

**GOINGCOASTAL**  
COHERENCE COACHING IN A LITTORAL ENVIRONMENT



ARE YOU AHEAD OF THE CURVE?

*m*BIT COACH TRAINING

**Book Your Place Now!**

# Recognised Professional CPD...

## WHO IS IT FOR?

- Entrepreneurs and Business Leaders
- Professional Coaches and Mentors
- Body Workers and Therapists
- Health Practitioners, GPs and Counsellors
- Trainers, Educators, People Helpers
- Environmental Campaigners
- ... and all those who enable others to produce results that can only be achieved when heart, head and gut are aligned!

## DEVELOPING MINDFUL COMMUNICATORS

This is a “professional development” programme...

That said... *mBIT* is about Wise Leadership and so, whilst you will gain a “Coach Certification”, this course is not exclusively for Coaches.

Those who are ICF coaches will be pleased to note that this course carries 24 research and development CPD units.

Successful achievement of this programme provides the *mBIT* Certified Coach License to apply within your chosen professional field.

# *mBIT* and *mBraining*

We have 3 separate intelligences operating in our bodies, each with habits and learned patterns, which can be aligned or not aligned.

How our multiple brains communicate and operate with each other is vital for our congruence, success and happiness.

*mBraining* uses neuroscience findings about your multiple intelligences (heart, head and gut brains) to leverage what they have to offer in increasing intuitive abilities for immediately generating wiser decision-making in daily life.

Providing numerous practical and easy to learn methods, *mBraining* coaching shows us all how to communicate with and tap into the innate intelligence of our multiple brains.

## TERMINOLOGY

*mBIT*: multiple  
Brain Integration  
Techniques

*mBraining*: The  
process of aligning  
your distributed  
neurology using  
*mBIT*  
methodology



# A "Coherent Lifestyle" Addresses...

- Internal conflict between thoughts, feelings and actions
- Repeatedly not acting upon or self sabotaging goals and plans
- Difficulty stopping unwanted behaviours and habits
- Challenges in making decisions or inability to find motivation
- Experiencing disempowering emotional states such as frustration, depression, anger, anxiety, etc.
- Chronic health issues, especially those to do with the heart or gut region
- Dissatisfaction with not fully living an aligned lifestyle and a sense that they can be more to the world

When you, your colleagues, clients, friends or family experience these in their life or behaviour, you can empower them using the deeply integrative *mBIT* processes you'll be trained in during this programme. It can be limiting when our brains fight each other or ignore each other and conversely, it is incredibly life enhancing when our multiple brains work harmoniously together to produce generative wisdom. When you offer this emergent coaching approach to others, their goals become more self-sustainable.

# Discover and Explore...

- How underpinning neuro-scientific findings validate esoteric and ancient wisdom teachings and rituals.
- How to recognize, interpret and respond to the different verbal and non-verbal languages and signals of your three main intelligences.
- How to balance the autonomic nervous system through the *mBIT* Balanced Breathing method to quickly relieve stress.
- How your gut and heart brains are able to learn and grow new neural pathways and how you can actively educate them for greater intuition and better decisions.
- Deep insights into how your multiple brains produce internal conflict and what you can do about it.
- How to harness the innate intelligences and generative wisdom of your multiple brains through the process of 'mBraining'

At this 4-Day training you will learn to assist others in re-patterning how their brains work together in order to support and enhance their life success and health goals.



# Embody and Practice...

You will learn to apply an entire suite of multiple Brain Integration Techniques collectively known as mBIT

- Identifying the 9 Prime Functions of your heart, head and gut brains.
- Recognising and addressing 5 classes of mBIT Neural Integration Constraints.
- Balancing the Autonomic Nervous System through the '*mBIT* Balanced Breathing'.
- Working confidently with the '*mBIT* Core Competencies Framework'.
- Observing and responding to '*mBIT* Neural Syntax Mapping' for functional insight sequencing.
- Enacting '*mBIT* Neural Integration Engagements' for signal amplification.
- Noticing and overcoming 15 types of Neural Integration Blocks that prevent integration between the three brains.
- Applying the '*mBIT* Foundational Sequence' to ensure you are working with the three brains in the optimum way for generative results.



# 4 Day Course Structure / Detail...

## Day 1

- Immerse yourself in the world of *mBraining*
- Explore how *mBraining* is evidenced through communication - the cues we exhibit and can notice within others.
- Build awareness of your heart rhythm and breath patterns and their links to establishing coherence.
- Learn how your wider physiology impacts your thinking and what you can do about this - get to know your nervous system.
- Discover the neuroscience and wide spanning meta-analysis that has contributed to the creation of and validity of *mBIT*
- Start to practice more conscious *mBraining* through developing interoception.
- Potential / Optional Evening Freediving

## Day 2

- Distinguish between a range of coaching modalities to understand how and where *mBIT* fits.
- Harness your calibration skills to notice how others are *mBraining* - which brains are engaged and how are they functioning
- Map neural sequences, noting how your "order of thought" impacts the outcome.
- Tune into some nervous system signals that flag incoherence and lack of balance.
- Develop your ability to regulate your heart rhythm (and that of others) through guided balanced breathing exercises.
- Be able to make informed hypothesis to inform your *mBIT* coaching strategy and assist others to become aligned.

# 4 Day Course Structure / Detail...

## Day 3

- Clarify what we mean by generative wisdom and trajectory led emergent outcomes - developing the skills to promote these and using some NLP basic foundations to enhance your coaching
- Learn how sense of knowing relates to sense of self - how and why *mBIT* is so powerful
- Use a range of *mBIT* techniques to establish and enhance communication with each wisdom centre
- Identify blocks within yourself and others and explore ways to resolve these
- Gain the ability through practical exercises to establish alignment within the whole system for full brain thinking
- Facilitate the highest expressions of *mBIT* to build: compassion, creative and courage.
- Potential / Optional Evening Yoga

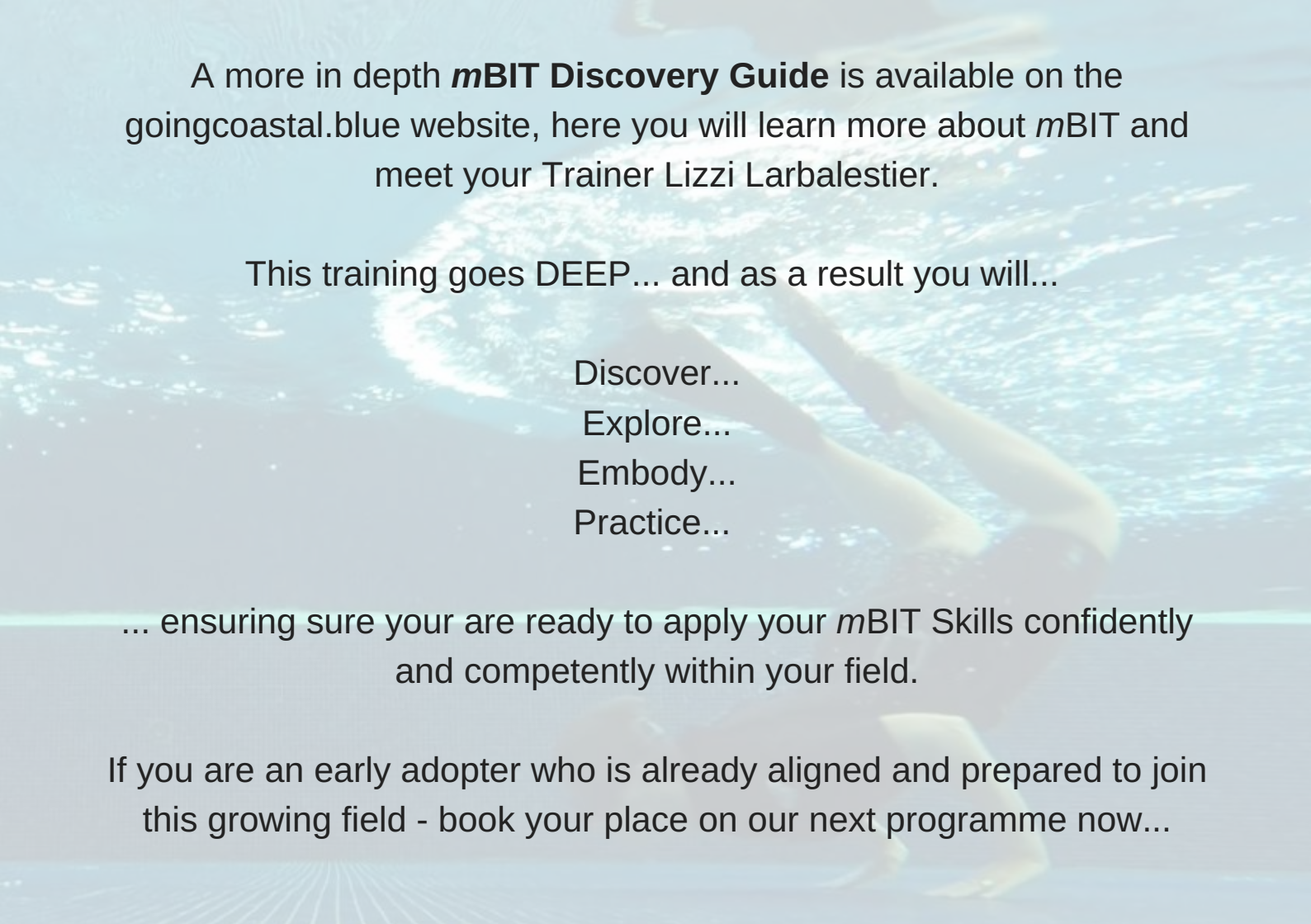
## Day 4

- Social learning - create your own *mBIT* concept map to embed your learning
- Gain further insight into the highest expressions of *mBIT* - the 3Cs embodied
- Guide and be guided through the full *mBIT* Roadmap - a full system alignment exercise.
- Assessment - gain your certification as an *mBIT* Certified and Licensed Coach

## Plus

- All four days will incorporate tips and techniques to work with the external natural (blue space) environment to enhance your coaching.
- You will develop your awareness of environmental psychology and how space and location impacts state of mind and body





A more in depth **mBIT Discovery Guide** is available on the [goingcoastal.blue](http://goingcoastal.blue) website, here you will learn more about *mBIT* and meet your Trainer Lizzi LARBalestier.

This training goes DEEP... and as a result you will...

Discover...

Explore...

Embody...

Practice...

... ensuring sure your are ready to apply your *mBIT* Skills confidently and competently within your field.

If you are an early adopter who is already aligned and prepared to join this growing field - book your place on our next programme now...

# How to Book...

Our UK Training is primarily held on the North Coast of Cornwall, promoting deeply embodied cognition and access to fluid insight. Our USA Training is held in California and Florida (West and East Coast) - check the website for dates!

We encourage attendees, through conscious integration of neuro-conservation methodology, to truly connect with and leverage the attributes of natural locations within their change and decision process. Our Training locations have access to the beach and coastal paths with plenty of break out space for you to create the perfect environment for practicing your new coaching skills.

Prepare to dive deep and truly explore your own compassion, creativity and courage... and since *mBIT* professionals coach 3 brains, from 3 brains... developing your own personal alignment is key.

Please complete the online registration form to book your place. Once received a virtual meeting will be arranged and an invoice sent to you. All attendees will enjoy an initial skype or zoom conversation with Lizzi your Trainer for this event. During this call she will answer any initial queries you might have relating to the programme, 4 day training schedule, certification and licensing process.

*email: [lizzi@goingcoastal.blue](mailto:lizzi@goingcoastal.blue)*

*web: [www.goingcoastal.blue](http://www.goingcoastal.blue)*

Join This Tribe:  
We look forward to  
your sharing *mBIT*  
with you.

