



ANTHONY CAPPABIANCA



**HARVARD
BUSINESS SCHOOL**



**UNIVERSITY OF
CAMBRIDGE**

ABOUT THE INSTRUCTOR

I am originally from New York, USA.

I have been bodybuilding and training others in fitness and business for the last 15 years.

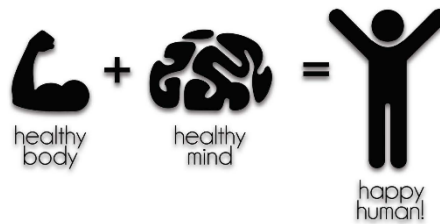
As a leader in education, training and consulting, I have worked with a wide range of professionals, from doctors to executives in companies ranging from Fortune 500 businesses to small government departments. I have a solid track record and reputation having worked with over 20 international companies. I helped them improve performance, increase revenue and boost employee morale. I accomplished this by combining key leadership principals and business management strategies with essential wellness practices.

My expertise is in the science of human development and motivation and is complimented by my passion working with people of different cultures. I have been working abroad for the last 6 years and have traveled to over 30 countries.

I have also overcome great mental, physical and financial challenges throughout my career. Perhaps you can relate? I corrected my scoliosis, beat anxiety and depression, then lost everything I worked for only to start from 0 again in 2013.

Since, I have worked tirelessly to build successful businesses, pay off my student loans, invest in real estate & the stock market. I continue to work on my physical and mental health with daily consistent practice.

Now I am dedicating my life to sharing the tools and strategies that have transformed my life with others.



MIND & BODY MISSION

To CERTIFY participants in the fundamentals of Mind & Body wellness with emphasis on mindful movement & mental health practices.

The certification will enable others to incorporate the learned material into their new or existing mode/s of client coaching, training, or education.

This course will benefit both professionals and novices by providing cutting edge knowledge in the areas of neurophysiology, neuropsychology, mindful movement and mental health theory & practices.

It is perfect for anyone who is looking to improve the quality of their lives and the lives of others. This course is essential for entrepreneurs, educators, personal trainers, coaches and practitioners.

Mastery of this course will ensure future health, wealth, and longevity.

BECOME A CERTIFIED

What is a CAPPA Mindful Mover ?

A MINDFUL MOVER is a dedicated and passionate professional with a life long commitment of developing their mind body connection in themselves and others.

An Mindful Mover must:

- Practice what they preach
- Be self-disciplined
- Have a growth mindset
- Genuinely want to help others
- Conduct themselves professionally
- Value respect, honesty and integrity



Course Outline

MODULE 1

Pre-Work : Character Coherence

Before the start of Module 1, one day before at the latest: Participants must submit their reflection writing assignment. Submissions are to be made directly to the instructor by Email or WeChat. The reflection writing assignment should answer all of the questions that will be covered in the group discussion online with peers. The assignment must be a minimum of 500 words

Lecture: The Mind & Body Connection

Participants will be introduced to the fundamentals of neurophysiology, understand the paradigm shift and explore applications in mindful movement & learning.

MODULE 2

Lecture : Military Mindset | Managing Emotions

Participants will be introduced to the fundamentals of neuropsychology and explore techniques used by the most elite forces in the world to overcome adversities.

MODULE 3

Lecture: Functional Movement Screening

Participants will perform and be evaluated on seven fundamental movement patterns to detect inadequacies and identify opportunities for improved movement.

Lecture : Mindful Movement Principals

Participants will be introduced to “The 4 P’s” of mindful movement before proceeding to attempt the “Fundamental 5” movements with in depth explanation and practice of the mindful components.

Lecture: Mindful Breathing

Participants will be introduced to MINDFUL BREATHING during exercise and engage in practice of different techniques. Participants will conduct biofeedback diagnostics (Optional) with an SP02 blood oxygen level analyzer to determine overall effectiveness.

MODULE 4

Lecture: Nutrition & Lifestyle Crash Course

Participants will be introduced to basic principles of nutrition & techniques for lifestyle integration.



Lecture : Meditation 101

Participants will be introduced to the various styles of meditation to understand the different skills and mindsets for each.

Participants will finish by engaging in Live Guided progressive meditation / relaxation session.

WRAP-UP: Reflection, discussion, and planning

Participants will receive the Exam. It must be completed and submitted no later than 2 days following the end of the online course.

TO RECEIVE THE MM CERTIFICATION , STUDENTS MUST:

1. Actively participate in online discussions and sharing.
2. Complete and submit videos of their FMS
3. Complete and submit videos of themselves performing each of the Fundamental 5 exercises
4. Receive a score of 95% on the final exam.
5. **IMPORTANT NOTE:** The final Exam must be received no later than 2 days after the last class. Complete your answers on a separate document and submit to the instructor by email or WeChat.

STUDENT COMMENTS



I really enjoyed the Mindful Movement Certification Course immensely. Filled with lots of relevant informative and well delivered resources on the workings of the brain, resiliency, functional movement, nutrition, deep breathing, meditation and more. Very good value for money and a must have for anyone looking to gain more self-awareness and develop a growth mindset. I really liked finding out from the course, how through applying small changes in our routines and thinking can make a big difference; the power of visualization, regular meditation and so on. The course also highlighted ways in which to keep ourselves motivated and achieving our goals which was really interesting and will definitely apply this into my own life. Thank you Coach Cappa for putting together and delivering this empowering course 🙏

Roisin - Ireland



I am very happy to participate in this course. The whole process is full of positive energy and concrete practical steps. It helped me to clearly understand the principles and action goals of physical and mental health. Thanks to the work and enthusiasm of the coach, I am looking forward to the next physical fitness test, which will help me to know more about my physical condition and carry out scientific training consciously instead of blindly following.

Apsara - China



The Mindful Mover Course might sound like the millions of boot camp or meditation retreats you have been to, but is so much more. Indeed, body and mind connection is the foundation. But what's more in this course is, beyond the practice, routine and science facts, it also teaches and inspires you to prolong this growing journey, helping you acknowledge your undiscovered potentials and bringing what you already possess into action. It is an empowering experience and encourages you to empower others.

Doris - China



What I liked about Coach Cappa's course is the practicality of it; we get to move around, not just sit and listen. We got to practice some mobility exercises and improve our breathing - essential for a better blood flow but also weight loss. All in all, I found it interesting and enjoyed the "brain" side of the course - understanding one's brain is the start to understanding one's body.

Anthony - France



Thank you to Coach Cappa for putting this Mindful Movement course together. This course highlighted a number of interesting facts about the human brain and how by applying a few techniques in our everyday life we are able to overcome our fear and anxiety to achieve our set goals. It's never too late to reset your priorities in life as long as we take action today. Coach Cappa has been extremely patient with me during this trying Coronavirus period and I'm truly grateful to have him as my coach.

Sheryl - China

