



THE MACROBIOTIC ASSOCIATION

## How to be MBA Accredited Is to take the MBA Assessment by option 1 or option 2

Please read the details here.

### Option 1.

When you have finished Level 2 studies at a 'ratified' Macrobiotic school, you have also been assessed on theory, cooking and body-work, then to complete the Assessment so you can be MBA Accredited you have an Interview with two MBA Assessors (not your main teachers) and send 2 Case Studies for review. The process to do this is:-

- a) Arrange a 1hour Interview 6 weeks in advance [accreditation@macrobiotics.org.uk](mailto:accreditation@macrobiotics.org.uk)
- b) Pay your assessment fee of £80 by Bank Transfer.
- c) Send Application Form + Copies of Certificates + 2 case study reports. [Link](#)

### Option 2.

Wherever you have studied, trained and practiced macrobiotics, you can take the Assessment Day. [Link](#)

- a) Arrange 3 months in advance by emailing [accreditation@macrobiotics.org.uk](mailto:accreditation@macrobiotics.org.uk)
- b) Pay the fee of £120 by Bank Transfer
- c) Send Application Form + Copies of Certificates + 2 Case study reports. [Link](#)

For each Option your **results arrive in 2 weeks** with the MBA Accreditation Certificate and you can subscribe to be a Professional Member for £60.

### Please Note:

Experience has shown us that it takes about 2 years and 300 hours teaching and supervised practice to complete training as a Macrobiotic Health Coach & Cook. Two years more for a Consultant with lifelong continued self-development (CPD).

Graduates who took Option 2 and are MBA Professional Members said:-

- “ An amazing day, that stretched me and gave me confidence to go forward” . F.P. “  
\* Assessment day was much more, it showed me how important our work is” . T.D.**

*Disclaimer:- Macrobiotics is not intended to replace conventional medical advice or practice but to complement it.  
This approach to natural, healthy living & thinking has been available for over 50 years.*