

CORPORATE WELLNESS EVENTS 2020

Samantha Gowing is an executive chef, nutritionist and founder of Byron Bay based global wellness company Gowings Food Health Wealth. A former hat winning restaurateur, she now creates culinary programs for luxury hotels, spas and health retreats worldwide. Samantha is the author of 'The Healing Feeling - recipes and remedies from Australia's leading spa chef.'

Your guests will be guided through a series of wholefood cooking demonstrations, hands on challenges and tantalising tastings. At the end of the session, Samantha's team who "radiate good health vibes" will leave your group feeling both inspired and motivated to stay on the path to wellness and maximum good health.

SUPERFOODS COOKING CHALLENGE INTERACTIVE TEAM BUILDING

Just like MasterChef, only healthy!
This fully interactive event brings out the corporate competitor and food critic in everyone! Teams prepare selected recipes for the ultimate health food cook off! Event includes e-recipes, beautiful seasonal ingredients, inspiring chefs, service staff, cooking equipment and fabulous gifts for the winning team.

From \$275pp fully interactive event.

SECRET LIFE OF FOOD - KEYNOTE

Chef Sam Gowing recently returned from speaking at The Global Wellness Summit in Mexico City where she wowed the crowd with her insightful, passionate speech on stage after Deepak Chopra. She addressed global hoteliers and spa operators, sharing her secrets of her signature cuisine and nutritional wisdom. A compelling keynote for every food lover!

From \$2,900 - 60 minute powerpoint seminar.

A TASTE OF FOOD AS MEDICINE - WORKSHOP

A look and taste at selected seasonal ingredients and the healing properties they possess to achieve optimal wellness every day. Focus is on stress reducing foods and lifestyle choices. We'll discuss healing foods for optimal health and debunk myths of fad diets and food trends by creating a harmonious wellness intention so they may depart brimming with confidence to successfully implement and integrate at home and in the workplace.

From \$4500 - 90 minute interactive tasting workshop.





CLINICAL NUTRITION

Our food as medicine clinical practice provides luxury spa resorts with an integrative modality to enhance the guest experience during their stay.

Gowings Food Health Wealth help put food as medicine on the map by using our unique blend of award winning clinical nutrition, fine dining and business expertise. Available in-room and in-spa appointments.

WHAT THEY'RE SAYING

'I engaged Samantha Gowling to facilitate an afternoon corporate group cooking session. In keeping with the 'superfood' theme, she guided the group through a series of cooking demonstrations and hands on cooking challenges. With her warm, welcoming and relaxed style, she facilitated the session with energy and displayed a great sense of fun.

Thanks to Samantha and her team, the afternoon was a great success.'

- Stephanie Drewe
Ernst & Young

'Sam Gowling is Australia's spa cuisine guru. She is a font of wisdom when it comes a tasty, healthy eating!'

- Matt Preston
MasterChef Australia

'Inspiring. Empowering. Hilarious & Entertaining. Be it speaking to international heavyweights in the spa and food industry or helping the next up and coming cafe, restaurant or health practitioner, Sam Gowling is an incredible mentor with a wealth of experience, wisdom and the all-too-rare common sense. There is no one else like Sam; she truly is the Queen of Conscious Cuisine!'

- Marcus Pearce CEO
The Wellness Couch



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