



# FOOD HEALTH WEALTH

WELLNESS BUSINESS SOLUTIONS

“Whether you have a ripper startup business idea, or you’re a health practitioner, chef, or food lover wanting to go pro, my wellness business mentoring programs help food and wellness professionals become entrepreneurs and better business people. I tailor make affordable packages to suit every business.”

-Samantha Gowing, Founder.

## SERVICES INCLUDE:

- ✓ Culinary brand ambassador
- ✓ Wellness business mentoring
- ✓ Product recipe development & food styling
- ✓ Motivational events and team building incentives
- ✓ Design signature hotel, cafe & spa resort menus

*Email Now!*



“Sam Gowing is Australia’s spa cuisine guru. She is a font of wisdom when it comes to tasty, healthy eating!”

-Matt Preston

“Sam is fun to work with & she gets results”

-Ita Buttrose

“It is my pleasure to introduce Samantha Gowing. A talented woman, Sam has proven skills and expertise as a nutritionist she is a wonderful chef and is an excellent businesswoman. She is rare talent who will tantalise your taste buds, educate your mind, develop your business acumen and delight your clients.”

-Sharon Kolkka, Gwinganna, Lifestyle Retreat

“I had the good fortune of stumbling across Sam Gowing back in 2002. Since then, whenever I’m run down, flat out, over-roasted, or in need to some professional energy support, she is the one I call. She always sets me back on the path to good health, and manages to do so in a way that makes food sexy. She has a big heart, and this makes her the real deal. I love her way.”

-Clare Bowditch, ABC radio host/Singer/Songwriter



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FOOD · HEALTH · WEALTH



# MENTORING & MARKETING

## WELLNESS BUSINESS SOLUTIONS



A global wellness solutions company founded by Le Cordon Bleu Master, Chef and Clinical Nutritionist Samantha Gowing in 1999.

### FOOD & HEALTH BUSINESS STARTUP WORKSHOP

2 Hours \$990 inc. gst

This workshop is designed for:

- ✓ Students wanting to enter the wellness industry
- ✓ Women wanting to transition from the corporate arena
- ✓ Mothers returning to work with passion and vision
- ✓ Young entrepreneurs with a shiny new idea
- ✓ Strategically stage your business for success
- ✓ Create compelling web content and marketing system

### OPTIMISE YOUR WELLNESS BUSINESS STRATEGY

1/2 day \$1750 inc. gst

This workshop is designed for:

- ✓ Established business wanting to take it to the next level
- ✓ Upgrade your clinic or cafe service menu
- ✓ Rebrand your wellness offering
- ✓ Boost your blog, refresh your web message
- ✓ Choose the right platform for your business

### WELLNESS BUSINESS MENTORING

4, 8, OR 12 week packages POA

- ✓ Daily contact and expert business consulting
- ✓ Kitchen and café design and better workflow
- ✓ Business systems or menu guidance
- ✓ Intrinsic, diagnostic strategies to implement immediately
- ✓ Product development concepts & creation

### TEAM BUILDING MASTERCHEF - POA

- ✓ Hands on cooking challenges for your corporate group
- ✓ Transformational food as medicine masterclasses

### KEYNOTE SPEAKING

From \$3500

- ✓ Motivational executive seminars
- ✓ Conference breakout workshops

Email Now!



"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 Gowing 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

"Samantha Gowing is a culinary pioneer for the spa and wellness industry. She offers the complete wellness solution for luxury hotels and spas, bringing together her global experience as a chef, a keen business acumen and her training in natural medicine. Her energy and passion is evident whether she is on stage, mentoring one to one or designing a creative gastronomic menu. Sam is definitely Australia's leading spa chef!"  
-Sonja Sorich, Spa Wellness Consulting