



# CORPORATE WELLNESS EVENTS

Samantha Gowing is an executive chef, nutritionist and founder of the global wellness business Gowings Food Health Wealth est. 1999. A former hat winning restaurateur, she 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, the 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.

## ✓ CORPORATE TEAM BUILDING CHALLENGE

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 recipes, beautiful seasonal ingredients, inspiring chefs, service staff, cooking equipment.

From \$295pp - hands-on event.



## ✓ SECRET LIFE OF FOOD - KEYNOTE

Sam is the Executive Wellness Chef for Club Med Asia Pacific and has attracted a global audience for more than 35 years with the secrets of her signature cuisine and nutritional wisdom.

A compelling keynote for every food lover!

From \$2900 - seminar style.



## ✓ 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 \$3300 - interactive event.

