



Samantha Gowing

Turning Health into Wealth

Business Solutions for your wellness business

Are you tired of swimming solo in a sea of small business?

Have you 'no idea' how to create an online marketing campaign or manage social media?

Want to know how to optimise your own website for search engines?

Need a professional, experienced accountability mentoring program that you can afford?

Do you need help to launch that business idea or product with guaranteed success?

I'd love to mentor you so you can confidently and comfortably:

1. Strategically stage your business for success and implement with clarity and confidence
2. Identify hidden profits and improve productivity and profit margins in your business
3. Create compelling web content and boost your business marketing system
4. Create magnetic client attraction campaigns & get noticed in the media
5. Support the change management process as you implement new initiatives
6. Avoid the critical errors that most people make in their first years of business

Craving Fans

*"One of the best mentors in Australia"
Joanna Clark, Naturopath, Melbourne*

If you are seeking someone to inspire you or your people, someone who can educate with both wise guidance and humor, someone who will reach in and touch your heart, someone who will be a powerful catalyst for change within your organisation, then call Sam."

- John Toomey, CEO, Global Wellness

"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. Enjoy!"

- Sharon Kolkka, GM, Gwinganna Lifestyle Retreat

"Since meeting with Sam for marketing and business coaching for our personal training business we have more than doubled our clientele. She is an absolute online marketing genius. After every meeting we walk away with new skills, renewed motivation and tasks to do to increase our business profile. She really cares about the success of our business, making sure we actually do the things we discuss, not just talk about them! Thanks to Sam, our business continues to grow and I am much more confident in everything I do."

Katy Mackay, Byron Fitness





Get Sam Gowing to turn health into wealth

Samantha Gowing is an informed and passionate keynote speaker, award winning restaurateur, clinical nutritionist, therapeutic chef and business woman who brings 25 years experience in the hospitality and wellness industries to your table. She has led large teams to award winning success and recognition in industry with her customer service and creative, original ideas and proven business systems.

Exclusive May only Mentoring Menu - Be Quick. limited availability

Please tick your choice of business marketing package:

**Prices effective for Australia as at 1/1/2012. International menu POA.*

- Complete business analysis featuring a full day on-site consultation followed up with an intrinsic, written diagnostic strategy with at least 10 solutions to your most pressing issues
\$2497 + travel expenses
- 12 week "From Startup to Success" package including 3 x half day consults, 12 x weekly accountability coaching calls, fortnightly 'nudge' emails, personal success AV/DVD library
\$2997 per month inclusive of travel expenses
- 5 x one-hour meetings/skype/phone consults @ \$295 per session over 3 or more months
\$1475 + travel expenses *One-hour meetings avail only Byron Bay - Gold Coast - Brisbane
- 3 x one-hour meetings/skype/phone consults @ \$325 per session over 3 or more months
\$975 + travel expenses *One-hour meetings avail only Byron Bay - Gold Coast - Brisbane
- 1 x two-hour meeting and career planning workshop
\$695 + travel expenses
- 1 x one-hour meetings/skype/phone consults
\$395 + travel expenses *One-hour meetings avail only Byron Bay - Gold Coast - Brisbane

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"Having Sam on my side has not only been the support I needed but also the continual challenge for me to keep going. Her guidance her honesty and compassion make her an amazing coach and guider. When I know she is in town I can't wait to catch up with her and share what I have been doing and seek further amazing support. Thanks Sam you have helped me change my life and I am forever grateful." - *Maree Eddings, UBS*

"Sam is one of a kind! She is an engaging speaker, a talented food entrepreneur and a knowledgeable health practitioner. I had the pleasure of collaborating with Sam on several projects. She has a personality that draws people in. Her passion for the work she is involved in is infectious and clearly evident." - *Kathleen Alexander, CEO, Clever Fox*

"I have known Sam Gowing for over 20 years. She always has been an amazing lady. I attended her wellness coaching workshop in Melbourne and it was very insightful. If you want to grow your business make changes in your life and be successful then Sam is the woman for you. I would highly recommend Sam to all whom want to grow their business and embrace change, creating results." - *Margie Cerato, Vibes Fitness*



Business Solutions

for your wellness business

“Sam is fun to work with and she gets results”
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FAST FAX FORM TO: 02 6678 0378
OR scan & email: sam@foodhealthwealth.com
CALL SAM NOW: +61 411 852 387



Buy Now



Business Solutions for my wellness business

Choice of business marketing package is _____

Name: _____

Company: _____

Position: _____

Address: _____

Suburb: _____ Post Code: _____

Phone: _____ Fax: _____

Email: _____

Please charge my credit card \$ _____

Visa MasterCard PayPal or direct bank deposit (we will invoice with bank details)

Card Number: _____ / _____ / _____ / _____

Cardholder name: _____

Signed: _____ Expiry Date: _____

How did you hear about us? _____



welcome to food - health - wealth
Our vision is to radiate global awareness through our mentoring, coaching and culinary programs so as to empower others by cultivating their effective motivational mindset so they may enjoy the power of positive energy as a vital healing force to reunite family, restore community and renew planetary health.