

# Samantha Gowing

*Therapeutic Chef, Clinical Nutritionist, Marketing & Motivational Mentor*

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## Objective

*To bring 28 years of business experience to the executive wellness arena so as to create greater insight into global brand development, nutrition communications and social media marketing opportunities.*

## Vision Statement

To radiate global awareness by empowering others to cultivate an effective motivational mindset so they can create the power of positive energy as a nurturing and vital healing force to reunite family, restore community and renew planetary health.

## Experience

### Wellness, Food & Spa Industry 1984-1998

*Founder Gowings Food Health Wealth. Nutritionist, Chef, Business Coach, Marketing Mentor*

*Contracting as retreat specialist to leading health retreats and spas globally.*

- Cabarita Ocean Retreat - Causarina, NSW - Head Chef 2011-2012
- Gwinganna Lifestyle Retreat - Gold Coast, Clinical Nutritionist, Duty Manager 2009-2011
- Gaia Retreat & Spa, Byron Bay - Guest Nutritionist 2010-2011
- Kempinski Hotels, Zanzibar, Tanzania - Retreat Specialist 2010
- Surf Haven Retreats, Bali - Consulting Nutritionist, Chef 2010-2011
- Kahanda Kanda Retreat, Sri Lanka - Consulting Nutritionist, Chef 2009-2010
- Grand Hyatt, Melbourne - Clinical Nutritionist, Spa Cuisine Consultant 2004-2009
- Prahara Market - Guest "Harvest" Chef; Recipe Developer 2006-2008
- Lifestyle Practitioner Academy/Private Practice Marketing - Equity Partner / Business Coach 2009-2010
- Trampoline Icecream Melbourne- Product Creator & Recipe Developer 2005
- Corporate Health & Keynote Conference Presenter 2003-2012
- Broadcaster - Radio 3AW, Kiss FM - weekly food and health segment 2004-2008

### Hospitality Industry 1983-1998

- Owner/Operator/Licensee - Gowings Grace Darling Hotel, Collingwood  
*1 Chef's Hat; Hotel of the Year; Best Hotel Dining Room* 1990-1998
- Restaurant Manager - Gowings Restaurants  
*2½ Chef's Hats; Top 50 restaurants in Australia* 1984-1990
- Restaurant Manager - Minami Japanese Restaurant, Melbourne 1985-1986

## Education

**Australian College Natural Medicine; Melbourne campus** 1999-2002

Diploma Health Science – Nutrition (Graduation Prize)

**Pilates Institute Australasia**

Level 1,2,3, floor Pilates, Level 1 Reformer; Associated certificates

**Melbourne University** 1986

Japanese language

**Geelong Grammar School, Victoria** 1972-1983

Higher School Certificate

## Languages

English – fluent; Indonesian – speak & read, fair

Japanese – read, write, speak -fair/good;

## Memberships

Australian Traditional Medicine Society

Victorian Racing Club



## Skills

- Leadership, industry expert, stress management, communication skills, team player, attention to detail, media network, online social networking, public relations, multimedia presentation skills, self generation and follow up of sales leads, planning & goal setting, adaptability to extreme environments, corporate travel and site appraisal and experience
- Dynamic, enthusiastic and highly effective and motivated with over 25 years of business experience, marketing, culinary trends, sales and social networking within the hospitality and wellness industries

## Industry Endorsement

*“Samantha Gowing is one out of the box. She is a vibrant, passionate and committed modern warrior for health, wellness and better life on the planet. She is a highly skilled chef, nutritionist, speaker, presenter and coach who will stop at nothing to see the people around her grow and excel. Whilst she may be of small stature, Sam has a huge heart and I believe she has come into the world to create change. Her creativity it appears to know no limits and her energy seems to rise from an inexhaustible source. Sam is deeply passionate about food and how good food can be used as a powerful medicine to heal, and to prevent illness. Sam teaches and inspires people to take full responsibility for their food choices and how to use food to optimise their health, energy and happiness.*

*If you are seeking someone to inspire you or your people, someone who can educate with both wise guidance and humour, 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**