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

“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.

“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

Food Health Wealth
Wellness Business Solutions

Email Now!

(+61) 0411 852 387       www.foodhealthwealth.com               sam@foodhealthwealth.com          chefsamgowing
facebook.com/foodhealthwealth            @samanthagowing          linkedin.com/in/samanthagowing/
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!**


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**“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
Samantha Gowing’s warmth, extensive food knowledge and sense of fun is always a crowd pleaser, which is why she has become a favourite for community food shows. Sam’s also a great MC with a heart of gold, a cheeky wit and a head full of amazing information that she is happy to share with great style.

- Anne Briggs, Northern Rivers Food

It was such a thrill to cook with Samantha and her team, the format and menu complemented the theme of our 3 day event so well and provided my guests with a great, nourishing lunch and educational experience. The client who had travelled internationally was so impressed by the execution that he is looking for a way to deliver the same format across his other international events. From the bump in process, everything was seamless and was beautifully displayed.”
- Hannah O’Loughlin, One Daydream PR

Welcome to the ultimate lesson in health and wellness, as taught by Le Cordon Bleu Master, Chef and Clinical Nutritionist, Samantha Gowing. At her Byron Bay Cooking School and nationwide events Samantha and her team teach participants to embrace all things healthy in her hands-on private and corporate workshops. Worldwide culinary and wellness incentives are also on the menu.

With amateur chefs to discover the secret to her food as medicine philosophy, Samantha’s classes deliver an experience like no other. Promising to leave participants aglow with abundant healthy recipes and lifestyle tips to take home, Food Health Wealth is a must-do for those seeking food for the soul.

CORPORATE EVENTS & TEAM BUILDING
Plate up your workmates and blend your business besties together for an unforgettable executive experience. As part of your experience we will guide your teams through a series of healthy cooking demonstrations, hands on challenges and tempt you with tantalising tastings. We guarantee to leave you feeling both inspired and motivated to stay on the path to wellness and maximum good health.

PRIVATE TUITION & PERSONAL CHEF
Take a solo journey from mystery to mastery as you learn the secrets of food as medicine. You’ll discover how to heal your digestion, create healthy recipes and understand the healing properties of food. We also cater for private events, small gatherings for up to 16.

Book private tuition or a masterclass in Byron Bay.
Group classes start from $195 per person, minimum 4 people.
Short notice bookings welcome.

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BYRON BAY COOKING SCHOOL

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CORPORATE WELLNESS EVENTS

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.

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 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 presented 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.

Email Now!