# A Sweet Life
## Course Outline

### Description:
A Sweet Life is a one day workshop for those wanting to unlock their own health answers through the facilitation of Facing our Fears, Goal Setting and learning the power of Wholefoods, Movement and Mental and Emotional Health.

### Content:
The aim of this course is to ignite the “sweet” passion for life within us all by creating awareness around mood and food; contributing lifestyle factors; and the relationships we keep. The Ultimate goal, which leads us to happiness.

It is here we teach the simple principles behind health in a fun and exciting way that allows us to make the necessary changes to incite change, hence learning the art of best self.

The day will also provide an education around our basic human needs and how there are the driving factors for the choices we make in our lives.

We finish off with Raw Desserts and Recipes to take home.

### Benefit:
Students will gain awareness around food and lifestyle factors that contribute to modern day addictions and an introduction to a “Sweet” Life the connection between mood and Food.

Demonstrate the relationship between acid vs alkalinity and how this relates to health and happiness.

Facilitate lasting change through the “7 Principles of Health”, an essential guide to health and Vitality.

Enables participants to walk away from days training with a sense of Certainty and Direction.

### Facilitator:
Kim Robb is a passionate Wellness Educator and Mother whose infectious nature engages audiences around Australia. She has a strong background in Professional Development, Master Personal Trainer and is owner of the Raw High Tea Co.

Kim believes in marrying up the connection between Wholefoods, Exercise and Mental and Emotional Health so others can feel ultimately Self Love, Belonging and in return contribute back to society.

Her 10-year experience in presenting allows her to create an environment around learning which is simple, effective and fun!