



COMPLETE RAW COACH TRAINING

2023 PROSPECTUS



"Karen Knowler is unquestionably leading the world's raw food industry to a powerful new level. If anyone I know was considering a training program to become a raw food coach, I would tell them there is no alternative - you simply MUST train with Karen Knowler."

ALI BROWN

millionaire entrepreneur coach and Inc. 500 CEO

IS THIS
YOUR
TIME?



IS THIS YOUR TIME?

Imagine a life where you get to talk about your passion for raw food and all the magic it brings – every day – and people pay you handsomely for it.

Imagine a day where you work the hours that YOU want to work (although it usually feels like play!), doing things on your own terms, doing what you love, maybe creating products, programs, coaching people on the phone, teaching raw food classes, helping people learn what to eat – essentially, changing people's lives.

All through sharing your love and knowledge of eating raw food.

It's possible!

Right now, you have a dream. It may be small, it may already be in the works, but you have it and you want it more than perhaps anything else.

I know, I've been there, and I totally understand the passion and commitment that you have for what you know to be true.

This is powerful information that we have.

And yet, you may not yet know exactly how to share what you know, and how to turn your passion into your vocation, so that you can give up the day job and spend as many waking moments as you choose turning people on to the miracles of raw and living food.

It's so frustrating...

Conversations with friends, family, colleagues and even strangers about raw food is one thing, but a conversation is generally all it becomes.

You feel frustrated when they want to know more, but you don't have any kind of "process" to walk them through. The best you can come up with is to give them a



What matters is that YOU have a way to reach people, a way to work with people, a way to help people... And to be able to do it over, and over, and over again.

web site to check out, or a book to read. And yet all the time, you're probably wishing that YOU could be the one to teach them, that YOU could be the one to guide them, that YOU could do what other raw food promoters are doing...

If only you knew how.

There's only one way

It's true. There is only ONE way that you can bring your dream to life – the dream of helping people “go raw” or “go more raw”.

And that way is via a raw food business.

Whether it's small and part-time in your local area, or a full-scale enterprise online, it really doesn't matter what you choose. What matters is that YOU have a way to reach people, a way to work with people, a way to help people... And to be able to do it over, and over, and over again.

If you are feeling the calling, if you want to make more of a difference, if you want to leave this planet better than you found it, and to help change the diets and lives of people that need it more than ever, now is the time to make it happen.

I'M READY
— ARE YOU?



I'M READY — ARE YOU?



Hi, I'm Karen Knowler. And I am so happy that you're here to find out more about how to make your dream of becoming a Raw Food Coach come true.

If you don't already know me then here's the most important things you need to know right out the gate:

- **I was the original Raw Food Coach** – (It still feels weird to say that as I was always waiting for someone else to do it first, but it's true!) I started coaching people back in the year 2000 while running the UK's raw and living foods organisation, The Fresh Network, and was the first person on the planet to blend raw food know-how with life coaching and personal development to create an amazing diet, body and life.
- **I ran The Fresh Network for 8½ years** (1998-2007), and during that time taught the UK's first live raw food classes, coached raw food newbies, hosted world famous raw food speakers, created the UK's first raw food festival which ran for 3 years, co-authored my first book, spoke at raw food events internationally, appeared live on national TV, was interviewed by just about every national newspaper and women's magazine, created the UK's first raw food mail order company, created Get Fresh! magazine - and last, but by no means least, became the proud mother of a gorgeous little boy! (I share the last part with you because I learned that you CAN have the best of both worlds, and still be a great mum!)
- **In 2006 I launched TheRawFoodCoach.com** by writing eBooks, running classes, offering 1:1 coaching, and running live group programs. I built this business as a single mother on next to no budget, and still managed to have more of a reach

and impact than I had done via The Fresh Network – and, as a very nice bonus, I created a six-figure business within my first year.

- **In 2007 I started training the first ever group of certified Raw Food Coaches** at my live residential trainings in England. In the years that followed I went on to train over 1700 Raw Food Coaches and Teachers via my live and virtual trainings, including many other hundreds on how to be successful online. During this time I also ran 20 different raw food group programs, founded International Raw Food Day (July 11th), created the International Association of Raw Food Coaches & Teachers, and self-published Raw Food Made Simple, not to mention working on many other juicy raw food projects such as 12 Days of Raw Christmas.
- **In 2012 I became a Hay House author** with Eat Right for Your Personality Type. This was a long term dream of mine and it's my third book of many!
- **In 2013 I created and launched the fabulous Go Raw! magazine**, which many of my previous and current students have been featured in to showcase their amazing brilliance.
- **And here today in 2023**, I am in my sixteenth year of working with raw food professionals, teaching, mentoring and coaching them how to build a successful raw food coaching business online.

As you can see, I have really put a lot of effort into living my dream of being a Raw Food Coach!

However, back when I started at age 25, I really had no clue what to do first, where any of it would lead to, or how it would all turn out. I simply took one small step forward at a time, and inch-by-inch my confidence and experience grew, until things started happening, and finally I forgot how nervous and unsure I was at the beginning. In short, I let my passion and commitment override anything else that might have otherwise held me back.

My journey to being a Raw Food Coach was not at all planned, but it truly couldn't have been any more rewarding and fulfilling. I can't imagine a more rewarding vocation than helping people to transform in body, mind, heart and soul!

3 THINGS YOU REALLY NEED TO KNOW



3 THINGS

The 3 things you REALLY need to know right now...

- 1** **People are way more open to healthy eating now than ever before,** and veganism especially is on a dramatic rise. Literally BILLIONS of dollars are being spent every year by those who are looking for a better way – whether that's to lose weight, feel better, gain energy, clear up skin, to complement a fitness routine or simply to keep up with the grandkids!
- 2** **YOU already know how to help these people.** You've done it with those near and dear to you. Perhaps you already have a health-related business. You love helping people. You KNOW how! You just need to get your "stuff" together and find a way to get it out into the world in a way that people can actually USE.
- 3** **I know exactly how to help you do that.** I've done it personally, and I've helped thousands of others to do it too.



Would you like to find out more about how to create the Raw Food Coaching business that you dream of?

Turn the page if you're ready to find out what I've created for you...



INTRODUCING THE

COMPLETE RAW

COACH TRAINING

RAW FOOD COACH TRAINING 2023-24

This year we are shaking things up a bit and doing things differently than in previous years.

Times have changed. We have changed. Life has changed.

As such I have reworked the Raw Coach Training to reflect and support the way that we do things here in 2023!

Here's an overview of how the 2023-24 Raw Coach Training works:

SET THE SCENE WORKSHOP

My primary agenda is for you to be successful in your raw food business, doing something that you love. A huge key to that is choosing the right focus, market and product/service for you and your business in the first place!

This is why we are kicking off the Training with a live interactive workshop on Saturday 22nd July 2023. This is where I will guide you step-by-step to create the perfect Raw Food Coach business model for you. We'll go 3 hours on zoom starting at 9am PT/12pm ET/5pm UK. It will be recorded for anyone who can't make it live, wants to go through it again or who joins after that date and will be uploaded to the Training Portal. Value = Priceless.

MAIN TRAINING

The main training comprises of 24 separate modules. Each module contains a workbook, an audio and a transcript of the audio, and in many cases there are additional checklists, posters, scripts and workbooks to help you with that module's focus. You can find a complete list of modules on the next page. Value = £5,000.

ONLINE BUSINESS TRAINING VAULT

Over the years I have taught people how to create and build a successful online business via a multitude of different programs and trainings. As you create your Raw Food Coach business, you are going to have many questions about things such as how to create a website, how to create a newsletter, how to survey your

audience, how to make money fast, and much, much more. To assist you with this I've created a separate Training Portal that I'm giving you complimentary access to, to help answer these questions whenever you feel ready to make movement with the creation or build of your business. Value = £5,000 +

SUPPORT

Most people these days are overrun with Facebook Groups, coaching calls and the like and this doesn't work for everybody. To keep things fresh, simple and highly supportive, this year here's how things are going to work:

Live Q&A Calls every other month where anyone training with me to be a Raw Food Coach or Raw Food Teacher can attend and get their questions answered. These calls are frequent enough to be beneficial, but not too frequent that you feel like you don't have time to implement. They're also a great way to connect with each other. All calls will run for 90-minutes, take place live on zoom, start at 9am PT/Noon ET/5pm UK on a weekday, and will be recorded and put in your Training Portal. Value = Priceless.

In between calls, you have access to me via Voxer. Voxer is a free voicemail app and enables you to type a message directly to me or leave a voice message in a secure confidential environment. Each student can ask up to four questions per month and I will respond directly within three working days via the app. If I feel your question and my answer will benefit other students, I will upload my answer to the Training Portal to provide additional value. I will not reference the name or any personal details of whoever originally posed the question. Value = Priceless.

Note: In order to keep things focused, there will be no Facebook Group or community chat group as part of this Training. However, you are very welcome to reach out to other students who you meet via our Support Calls if you'd like a Coach Study Buddy or simply to connect.

RAW COACH TRAINING CURRICULUM

MONTH 1

- How to Run a Successful Coaching Business & Practice
- Going Raw and the Raw Food Journey

MONTH 2

- How to Introduce People to Raw Foods
- Different Approaches to Coaching - What's Your Style?

MONTH 3

- How to Be a Great Raw Food Coach
- How to Attract Coaching Clients to Your Business & Convert Them to Paying Clients

MONTH 4

- Complimentary Calls and Free Sessions
- How to Create and Run Awesome Discovery Sessions

MONTH 5

- Client Questionnaires and Coaching Forms
- How to Get Clients Started on Raw Foods

MONTH 6

- How to Help Clients Stay Successful on Raw Foods
- How to Move Clients Through Emotional Detox

MONTH 7

- How to Move Clients into Raw Magic & Mastery
- How to Coach Clients Over the Phone

MONTH 8

- How to Coach Clients Face-to-Face
- How to Market & Fill Your Practice

MONTH 9

- How to Design a Free Talk and Significantly Grow Your List
- How to Take Care of Administration

MONTH 10

- How to Create Proprietary Content & Materials
- How to Create and Run Successful VIP Days

MONTH 11

- How to Create Coaching Programs & Packages
- How to Create High Ticket Offers

MONTH 12

- How to Manifest Money Quickly & Easily Through Your Raw Coaching Business
- How to Create Your "Magic Fountain"

YOUR INVESTMENT

The Raw Coach Training 2023-24 Training has a total value of well over £10,000 when you add up the value of the Raw Coach Training itself (24 modules), the huge vault of Business Training modules, the kick-off workshop, the six 90-minute Q&A Calls, and 12 months Voxer access to me.

However, this is not the investment!

The investment for all of the above at the pay-in-full investment is just £1997* if applicable (Approx. \$2540), making this training and the high-touch support a complete steal!

You can either pay in full and receive all of the Raw Coach Training and all of the Online Business Training Vault immediately, OR you can pay in 9 equal instalments of £277* (Approx. \$352) which will automatically debit 30 days apart.

[Click here to be directed to the sign-up page](#)

* VAT is payable by any students residing in the UK or EU and will be added at checkout.

Please note that any US dollar prices quoted are approximate and were accurate at time of publishing. You will be given the opportunity to see what the current conversion rate is for your native currency when you check out.

Refund policy: This Training is non-refundable as you gain access immediately. If you have any questions, please email support@karenknowler.com.



The training starts the moment you sign up, as you receive access to content right away.

So if you know that this is for you and you're itching to get started, don't delay. I am ready and waiting for you!

I look forward to welcoming you into the Raw Coach Training very soon.

Karen

TESTIMONIALS



"Karen's coaching and guidance has been a major factor in enabling me to take my passion out to the world. At times she has believed in me more than I did myself, particularly at the beginning of my journey; she has given me the vision to see what the next step is and where I could end up if I just keep showing up.

She has challenged me when I needed to be challenged, whilst being understanding at the same time.

I used to have a fear of public speaking but Karen was the first to put me in front of a group of people, doing food demonstrations, because she believed in me, which lead to her 'letting me loose' on over 150 people at the Fresh Festival in 2006. Now that fear doesn't bother me anymore.

That's the way Karen works: if you'll commit to it, she'll show you that you can do it.

When I first met Karen I was someone with a dream and a talent I didn't really fully know I had. Under her guidance I have been able to leave my 'day job', going from simply paying the bills to being on the path to a career I dreamed about, helping thousands of other people live better lives in the process.

Karen has a gift in that she can see the potential in other people so clearly that she bursts with ideas for their business. She is so focussed, and gives such value, that I truly believe just 30 minutes speaking to her would save anyone £1000's and months in trial and error.

She knows this business so well that she can see what works and what doesn't. Thanks, Karen."

RUSSELL JAMES

The Raw Chef, www.TheRawChef.com



"I'm looking for someone exceptional to train under in this area and I think I've found her."

VICKI EDGSON

celebrity nutritionist and co-presenter of Channel 4's Diet Doctors



"Before Karen's coach training I had no real direction, I just knew I was passionate about raw food and wanted a raw food business. Karen's amazing training inspired and focused me with practical tools for setting up a business that reflected who I truly was and what I had to offer. I now have an exciting and rapidly growing business that empowers people to vibrant health and wellbeing, with the tools and vision to create a multiple six figure income to support my dream life. For anyone who's thinking about starting a raw food business online I would say, without hesitation, that Karen is the best."

SASKIA FRASER

Raw Freedom, www.RawFreedom.co.uk



"Karen is so inspiring and motivating. Her experience is exceptional. Every call and resource she has shared profoundly shifted my perception of how I can work. Every step of the way her dedication to propel both yourself and your business has been exemplary. Encouragement in the times I was in need of it the most are what is driving me in creating what were once dreams into a reality. I would highly recommend Karen to anyone who is thinking of creating a business with Raw Food. She's the best!!!"

SARMADO SIBLEY

East Sussex, UK, www.sarmadosibley.com



"Having worked with Karen on a number of programs before, I knew about their incomparable value and so I was immediately intrigued when she announced the first Raw Food Coach Training. However, making the decision to actually sign up for it took me quite a while. After all it would be a serious investment for me. But as soon as I had hopped on board I knew that I had made the right choice and that I could not have spent my money in a better way.

The quality of the teaching materials, Karen's knowledge and guidance, her genuine desire for us to succeed in actually living our dreams combined with the invaluable support of the group are what make this program so special. To anyone seriously thinking about turning passion into profession and becoming a raw food coach I can only say "By all means, go for this program! This is the real deal!"

BEATE

Raw Food Chef, Instructor and Coach, Raw Food Nutrition Educator



"I had been following Karen through her website and newsletters for several years, so when she announced the Raw Food Coach training programme I knew I had to be a part of it! To be guided step by step through the how, the why, the when and the what it could mean to you – of setting up and running an internet raw food coach business surpassed my somewhat lofty expectations. Together with Karen's wealth of knowledge and inspirational business acumen means you are literally presented with a blueprint for success.

"I highly recommend this training to anyone wanting to pursue their goals, who are passionate and dedicated to their dreams – with Karen working alongside you it is a rewarding and revolutionary journey! Thank you Karen."

CATHERINE POPE

South Yorkshire, UK



"Karen is the quintessential raw food coach! With her knowledge and experience with the transformational power of the raw food lifestyle, coupled with an amazing flair for designing a step-by-step program to teach good business practices that align with your true purpose, Karen offers a unique program.

Before working with Karen, I did not have much focus, and accepted any business that came my way. I was feeling like I was on a treadmill, getting nowhere. Only 4 months into the program, I have learned how important it is to identify my target market and ideal client, and am applying that to all aspects of my business. I have revamped my website and am blogging regularly, and am in the process of designing my own proprietary system that reflects my true purpose.

If you are ready to take your raw food business to the next level, and are willing to do the inner work that will reflect your true Self in everything you do, I highly recommend this program. As inspiring as Karen is, she attracts an amazing group of class participants who are incredibly inspiring as well. I am so glad I listened to my inner voice telling me I must enroll in this program!"

MARILYN CHIARELLO

Glen Head, New York, A Taste of Light, www.aTasteofLight.com



"Karen delivers expert professional guidance in a warm and effective manner. In just four months of the Raw Food Coach Training Program I have redesigned my website, course offerings, and coaching programs. I have unstuck the stuck places, and regained my enthusiasm and confidence in where my business is heading. I can only imagine what massive progress is in store for me in the next few months.

It's been obvious since the first day with Karen that my investment in this program will much more than pay for itself. I can highly recommend it!"

ELLEN LIVINGSTON

MA, RYT, Raw Food and Yoga Healthy Lifestyle Coach, www.LivingYogaNow.com



"When I was eating raw for about a year and a half I wanted to give my life a new direction, both professionally and personally. I had helped a few people in my close environment with health issues by bringing raw food to them. The results were astonishing. I discovered that I had a passion and natural skills to guide people towards a healthy, happy life. I was already writing a book to make people aware of food and lifestyle but wanted much more. I wanted everybody to know about the power of food! I was reflecting on how to create the right structure for a solid business when Karen's Raw Food Coach Training showed up on her website. This was it!

Although I was experienced in doing business I was looking for the right knowledge to make my dream succeed from the start and setting up an online business requires a totally different approach. I felt so drawn to the idea of reaching the whole world with coaching packages, classes and valuable information that I was prepared to make the first big financial investment in myself in my whole life. I had been 'following' Karen that year, had seen her fast growth and professionalism. I trusted her and the way she would approach this education, I had faith that the content would be valuable all the way. So I looked for a solution to pay for the program and made the leap.

This is the best decision I made in years. I have a fulfilling professional goal that is life changing on all levels. In those four past months I have learned so much about many practical steps in this virtual world that felt so strange to me at first. The combination with coaching techniques is perfect. It surely would have taken me much longer to set up my business if it weren't for Karen's mapped out track for us Raw Food Coaches. She is sharing all her experiences with us and is showing a very realistic image of what this business can be about. I also met a lot of wonderful people in this group; we support each other whenever we can. We are all accompanied and guided to reaching our personal goal – and they are different for everybody – with firm hand but with love. Thanks Karen!"

MARIE-CLAIRE HERMANS

www.ravishingraw.com



"After having a year away from my business due to personal reasons, I was left unsure of the direction I needed to take and how to get myself back out there. So when Karen opened her doors to the virtual Raw Food Coach Training, my intuition told me I had to be a part of it. I saw this opportunity as the perfect way to learn in-depth all I needed to re-launch my business.

I am so glad I listened to that small voice inside of me. The coursework delivered through the virtual training has been outstanding – the module on organising yourself for success is worth its weight in gold. And that is only one module! This course delivers even more value, in an orderly fashion with each module working in a systematic manner so you have everything in place and ready. Nothing is overwhelming and it all makes sense.

Through applying Karen's teachings I have aligned my passions, values and desires to build the foundation of my business, I have re-launched my eZine with fantastic feedback, my list grows daily, I know my market, I have developed a unique proprietary system which makes the structure of my business effortless, I have a waiting list for my raw food demo class, I have coaching programs in the pipeline, my website is about to be re-launched and excitedly I sold out my first workshop within two weeks using Karen's manifesting tips. Not bad for a few months working with Karen's material and teachings through the virtual Raw Food Coach Training.

If you have that same little voice inside of you saying that now is your time to give an outlet to your passion for raw food then I recommend you act immediately and sign up to the Raw Food Coach Training. It is great fun and Karen rocks."

DR CLAIRE MAGUIRE

UK, www.rawhorizons.com



"Karen continues to amaze me – month after month – with her wisdom and insights not only with raw food, but also life itself! The clarity and focus I have found in my raw food journey through Living Magically on Raw has been beyond what I thought possible.

The tools I have learned have helped me to "reframe" challenges and see them as opportunities to grow – with a smile on my face and peace in my heart. She has truly made this journey transformational!

And I am soooooo eager to help others experience transformation! I've always had a coach's heart, but never had the tools or training to go with it. When Karen offered the Raw Food Coach Training I was ecstatic!

I remember the dilemma though: I couldn't afford to take it – but I couldn't afford not to take it! Yet, I knew that this training was absolutely critical for me in order for me to take the next step in being who God created me to be! I found a way! And I continue to be amazed at her wisdom, insights, expertise, and caring heart! And I'm loving helping others already!"

ANGELA THOMPSON

Colorado, USA



"If you are ready to be seen, play bigger, and join the ranks of entrepreneurs around the world who are changing lives with passion and integrity, you've found a goldmine. If you know inside that sharing what you've learned in a big way is for you, but you have no idea how to start an online business, you will be amazed with the materials Karen has put together to support you. In under 4 months I successfully used Karen's program to go from zero online presence to a live, branded web business I adore, with MUCH more to come. This is not just a program to help you slap a page up on the web. Karen's training takes you step by step from visioning to nuts and bolts business planning, and everything in between. Karen's Raw Food Coach Training has changed my life and empowered me to reach a larger audience than I ever dreamed possible."

LAURA LOWRY

Florida, USA



"I enrolled on the Raw Food Coach Training with no business idea but a feeling that this was the course for me and a passion for the transformation that raw food could bring to people's lives. I work full time in a demanding job and manage two teams, although I enjoy my job I had been feeling for a while that this was not my true path.

After discussing my ideas with family and friends and talking to Karen it was clear what I had to do – it was as simple as 'follow my heart'. Although I have an understanding of business, my knowledge was very limited when it came to ideal clients, marketing funnels, pink spoons and running and promoting an online business but within one month I had a plan and was working towards creating a business that I knew I could be proud of, I had also set up my first facebook and twitter account – a real achievement for me!

A couple of months after that I had created my first product that I feel is really valuable for people on the raw food journey and the ideas for developing my business and my clients keep on coming. It is very exciting and incredible how fast things are moving for my business, but it doesn't feel overwhelming. The course has been put together in such a way that each module builds perfectly on the previous and before you know it you have created more than you would have believed possible.

I have always been very good with people and have much experience of coaching but I lacked the practical knowledge of how to turn this into a business – Karen has provided the perfect step-by-step solution for people who have the passion but need the practical tools, guidance and support to create a business and lifestyle that they will love. If someone had said to me that in as little as four months you will have taken an idea, given it some structure, designed a course and had it available online, whilst working full time, I would not have believed them. However, as is my experience with Karen, she always over delivers and has a knack of bringing your thoughts and actions into something real and so incredible that you can't believe that you have created it.

One of the biggest benefits I have found on this course is the encouragement and the community that Karen has created. I have met some amazing people on this course and feel fully supported and know that all my questions and ideas that I want to share will be answered, whether this is about coaching, business, technical systems or personal experiences.

Thank you Karen for making this an amazing journey that is full of fun, learning and inspiration."

REBECCA KANE

UK



"In 2012 I began a new business as I was ready to embark on a new chapter of my life. It was time to take the experience from my personal health journey, and begin sharing what I was learning, with the world. Haha! Sounds exciting until I had a defining moment...I had absolutely no idea where to begin!

Committed to a high alkaline high raw lifestyle, I began writing and speaking, but could not figure out how to monetize my passion, knowledge and experience into a coaching business. True confession: I procrastinated for about a year in confusion, and then emerged myself into Karen Knowler's Raw Coach Training program. Everything changed.

Seriously. Karen's step-by-step guidance in all areas that need to be developed is empowering. Confusion turned into clarity, and today I have a growing coaching business. One of the most important aspects about working with Karen is that she is in same the space you are. Hence, there is an opportunity to take a deeper dive into your own personal life and business in a condensed timeline. Having Karen by your side as you develop a raw food coaching business is a bonus beyond measure. Learning about the Successfully Raw Pyramid and Eater Types will set you apart from the crowd. I have even become licensed and certified to teach the *What Type of Raw Food Eater Are You?* program and my clients love this.

If you are serious about this professional path, having Karen Knowler by your side is a must. Wishing you great success. The world needs you for the greater good."

ELAINE GIBSON

Washington DC, USA, www.renewedlivinginc.com



"Karen is a masterful teacher and coach, and spending a year learning from her in the Raw Coach Program was a tremendous gift that I gave to myself. Its value will be long-lasting as it benefits the lives of those I touch. In addition to her seemingly unfathomable depth of knowledge and understanding of all of the nuances of the raw food lifestyle, Karen is also a whiz when it comes to explaining the business side of things. Add to that her palpable warmth and willingness to share all that she is, which truly comes from her heart, and you quickly realize that she is a rare gem indeed."

MADELINE EYER

Washington, USA, www.consciouslyraw.com



"The Raw Coach training came to me at exactly the right time and delivered precisely what I needed for the next stage of my journey of service, in accord with universal law. The training was delivered from the heart, with terrific professionalism and great care. It was well organised and progressed steadily to build a fantastic toolbox/kit for anyone who wants to take their service journey in the coaching direction.

For anyone who doesn't choose to do this, the training has surely brought gifts in abundance to their lives and could not have failed to 'grow' anyone attending it.

Karen your gifts and talents are many and varied and that you follow your start and share them with such a generous heart is the great good fortune for all who receive them... thank you.

Love and blessings for all you develop and bring to the planet in your future. (I feel like one of the seeds from your strawberry - planted out into the planet to take the love in my heart, focused by your work to souls in need)."

SUE TEW

UK



"When I first started reading Karen's website, I felt as if she was talking to me. She is very real and very authentic. She has such a wealth of knowledge and experience and products that I thought I would be crazy not to have her influence in my raw journey. Sure enough when I saw that she was offering me the chance to make my raw life into a business I was hooked. Like most important decisions in life, one must follow the gut, heart, or whatever you feel to guide you. I trusted her and her product and decided to train and become a raw food coach. I just travelled from Utah to London and have to say it was one of the highlights of my life. I am now well equipped to teach, train, and inspire people to join me on this raw journey. Karen truly is priceless. Thank you Karen!"

HOLLY CHIODO

Salt Lake City, USA



"I'm most impressed with what Karen Knowler gives in her coaching and training. She's generous, friendly, direct, knowledgeable and very professional. I'm very glad indeed that I made the decision to go on her training because it was so well structured and delivered exactly what she promised – and more. Something that I particularly appreciated was her ability to bring out the best in each person by noticing and appreciating their good qualities and business ideas, following that up with very helpful and imaginative mentoring in the group setting. In that way the whole group benefitted and she built everyone's self-esteem and sense of possibilities. Karen shows integrity by being honest about her business, spirituality and way of life. She's a great example of someone who really is 'walking her talk'."

JUDY BARBER

Stroud, UK, www.judy-barber.com
