



COMPLETE RAW

TEACHER 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



SO YOU WANT TO
BE A RAW FOOD
TEACHER?

THIS IS YOUR MOMENT

Whether you have dreamed about teaching raw food classes of your own or are a Raw Food Teacher who loves what you do, but know that you could be doing things even better...

The Complete Raw Teacher Training has been designed to give you everything you need to create a truly professional, well-thought out and organised teaching business that makes good profit and changes lives.

Based on my own 10+ years of teaching raw food classes professionally on multiple continents, as well as more recently online, I not only have the personal experience of what it takes, but also the professional experience, having trained over 2000 men and women worldwide to teach raw food classes personalised to them.

Right now, in your journey you may be feeling a little wobbly about whether you can do this or not.

Here's my story about how I got into being a Raw Food Teacher – almost by accident – and why I truly believe that if I was able to do it, then you can do it too.



The story begins in 1999. I had been running The Fresh Network for less than a year, I was 26 years old, and I was just beginning to make my way in business with absolutely no prior history in owning or running any kind of business, and I was essentially figuring things out as I went along.

At the time there were no Raw Food Teachers in the UK – let alone any kind of training course for them! And despite my raw food knowledge, I had no clue how to create or teach a class.

In addition, I had massive confidence issues and public speaking was my number one fear. And just to top all of those fears off nicely, I really wasn't sure if anyone would want to learn from "little old me" (although I was 26, I looked 16!) or if I could teach them anything they didn't already know.



It soon became clear to me that the number one issue people had was actually getting in the kitchen and making the food.

What if they felt it was all a bit too basic, or they didn't like my recipes, or...?

As you can see, I had a lot of reasons why not.

So what got me past that?

I wanted to help people.

You see, as the Director of The Fresh Network, I was at the centre of all things raw food related in the UK at that time. People would call us daily to ask questions about going raw, staying raw, how to make recipes, what to eat, what to buy, and just about any question you can imagine.

It soon became clear to me that the number one issue people had was actually getting in the kitchen and making the food.

Even though they owned recipe books, they would feel intimidated by them and the books would stay on the shelf. Even though they wanted to eat raw, they would feel alone and the odd-one-out at home, and end up eating like the rest of their family. And even though they wanted all of the benefits that raw food could bring them, they felt overwhelmed by all of the conflicting information and kept going around in circles as to what was actually good to eat.

As someone who had got into raw food young (aged 20) and had already figured all of this out, naturally I wanted to help these people.

I realised that if I just pulled together some of my favourite recipes along with some basic beginner must-know information, and gave people the chance to actually try the food, that could only be a good thing.

And so my first raw food class was born.

I taught my first class in a bright airy room in the heart of Ely, Cambridgeshire, UK overlooking the river.

Much to my amazement the class sold out quickly and before I knew it, I had a room full of excited and truly wonderful people who were ready and eager to learn.

And it didn't take me long to realise that yes, people *did* want to learn from me, there was *plenty* that they didn't know, and not only did they love my recipes, but those same recipes would put them on the path to going raw and reaping all those wonderful benefits...

In short, everyone was happy!

Through teaching my first class I realised that:

- Teaching raw food classes is a lot of fun!
- Teaching raw food classes is easier than you think
- Teaching raw food classes is *incredibly* rewarding and gratifying
- Teaching raw food classes changes lives

A lot has happened since that first class. In fact over the next ten years I went on to teach over 1000 people in live class settings in the UK, the US and the Netherlands. I learned that people the world over are literally hungry for great raw food recipes that they can make quickly and easily in their own home, and, *in spite of what you might believe:*

There are NOT enough Raw Food Teachers in this world.

Over the years I have heard that a lot of people don't pursue their dream because they are worried about there being *too many* Raw Food Teachers, but trust me, we are a very long way away from THAT reality!



In fact, I would go so far as to say that there is a severe LACK of Raw Food Teachers in this world. And not only that, but what most teachers are NOT seeing yet is that you don't need to teach raw food to those who want to eat raw food.

Allow me to explain...

First of all, right now there are literally tens of thousands of people around the world who are raw food enthusiasts and want to learn more raw food recipes from someone like you.

Why? Because while they may have bought the books, read the web sites, and even watched the YouTube videos, they STILL haven't started eating raw food in the way that they want to. Something is stopping them, and, more oftentimes than not, it's one thing and one thing only:

They want to see the food being made and TASTE it *before* they commit.

In fact, they might be feeling a little bit scared, intimidated, confused or even overwhelmed by everything they've read and seen, and they just want someone to take them by the hand and show it to them in a way that is accessible and doable for *them*...

It makes sense when you think about it, right?

Perhaps you were the same...?

I know that a huge turning point for me personally was when a new raw food friend made me a very simple almond milk right at the start of my raw food journey (1993) – for me that was a life-changing moment! Then he went on to make a carrot and apple juice – again, something I had never tried before. Wow! I was having my mind and tastebuds blown wide open! And this was just in a 15-minute window of time in his tiny home kitchen.



After that I realised just how important it is to not only learn from others, but to actually learn first-hand and to **TASTE** the recipes. **We all want it to be EASY!** And so it was that **just two simple recipes shown to me in a friend's home literally did change my life.**

So just think what an entire raw food class can do!

Today things are different to back then, but in a very good way.

Not only are there more people open to raw food today who **want** to learn at raw food classes, but there are literally MILLIONS of other people out there (you probably know a few hundred yourself), who, if raw food was “packaged” in a different way, they would be all over it and loving it just as much as you do.

You only have to think about a handful of your friends and family, or work colleagues, to realise that **EVERYONE** can benefit from raw food – and they'd be totally open to learning about it if it were presented to them in a “non-raw-food-labelled” way!

And so it is that, whether you want to teach raw food to raw fooders, or to teach others who are totally new to raw food but really want to experience the benefits (without the raw food label), there are limitless options and opportunities available to you.

THE TRAINING

I created the Complete Raw Teacher Training in 2006 because as the years went by I became aware of a couple of things happening:

- 1 More people wanted to teach raw food classes but they didn't know where to start.
- 2 Some of those who were teaching raw food classes were not always delivering classes in the most professional or effective way – meaning that people were leaving classes disappointed and disheartened, which was the opposite of what a raw food class is supposed to do!

And so I put together everything I had learned first-hand, everything that worked, and added in the nitty-gritty pieces that many people struggled to figure out on their own, including recipes.

First time out the gate the Training received incredible feedback and has done ever since.

Today, here in 2023, it has been given a fresh look and I've re-created the starting point and learning environment so that it's up-to-date with the times and gives you more opportunity and time to receive support.





INTRODUCING THE

COMPLETE RAW

TEACHER TRAINING

RAW TEACHER TRAINING 2023-24

This Training is open to anyone, anywhere in the world, with any level of raw food knowledge and experience. It's 100% virtual – meaning that you can learn it from the comfort of your own home, and at your own pace.

Here's an overview of how the 2023-24 Raw Teacher 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 type of class or classes 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 Teacher business 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 16 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 few pages. Value = £3,000.

TEACHER'S BONUS MATERIALS VAULT

Included in this Training is a separate vault of bonuses that you'll also find invaluable. In my experience as a Trainer, I learned that not everyone finds it easy to create great recipes, not everyone has business or planning experience and not everyone feels confident or able to create a profitable business. To this end, I've pulled together the best bonuses I have to support you in being successful no matter what your background or experience. Value = £1,000+

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 Teacher Study Buddy or simply to connect.

RAW TEACHER TRAINING CURRICULUM

Please note that across these 16 modules, also included are 57 different bonus handouts including checklists, posters, done-for-you templates, spreadsheets, scripts.

MONTH 1

What's Involved in Running Great Classes and What a Great Raw Food Class Looks Like

A great class doesn't happen by accident – in fact there's a lot of thought and planning that needs to go into the creation of a great raw food class, and the running of the business behind it. That doesn't mean that it's going to be difficult, however, just that you need to know what you need to know! In this module you'll learn about the various different components that you'll need to think about and take care of when it comes to creating a raw food teaching business, including the all-important legal and safety issues, plus what needs to be considered and implemented for your class to be a huge success for both you and your students.



How To Decide On Your Ideal Audience, Know Where To Find Them, And Decide On What Kind Of Raw Food Classes You Want To Run For Them

Are you going to teach classes to existing raw food fans, complete newbies, or another group entirely? I'll help you decide who are the right people for you to teach, show you how to find those people (the marketing comes later) and how to decide what type of class would work best for you and them from the many options now available – you'll be amazed at how many types of raw food classes there are!

RAW TEACHER TRAINING CURRICULUM

MONTH 2

What You Can Teach And Talk About In Your Raw Food Classes, And How To Develop Your Own Unique Recipes & Content

There are so many possibilities available for what to share in your class. In this third module I'll talk you through all of the various options of what you can teach and why, and show you how to create your own content and, yes, even your own recipes so that you can create the perfect class for your chosen audience with your very own copyrighted and unique-to-you information. (I'll even share with you how to legally protect your newly-created intellectual property!)



How To Be A Great Raw Food Teacher

Even if you lack confidence like I did, are wary of teaching large groups, or indeed have any hang-ups or reservations about teaching raw food classes, I'll share with you the various different ways to stay within your comfort zone until your confidence increases. The good news is, lack of confidence does not have to stand in your way – and once you've learned everything I have to share with you in this invaluable multi-faceted module, you'll not only feel confident and look professional, but you'll also know a variety of different ways to share information, manage a group, demonstrate recipes effectively, change up the class energy, handle questions and answers, and even take the spotlight off of you (if that's what you want).

RAW TEACHER TRAINING CURRICULUM

MONTH 3

What Food and Equipment To Use & Demo – And Why

The typical raw food class will inevitably revolve around food and equipment, because those are the two magic components that create the all-important recipes. Knowing that there are many different pieces of equipment, so many different raw foods and ingredients, and only a limited amount of time, how do you know what to demo, when and why? Your questions will be answered in this fun, info-packed module where we'll discuss the most common pieces of equipment and the best foods to include in your raw food class, depending on who you are teaching and for how long. Not only that, but in order to make your classes more profitable for you and more valuable to your students, I'll also teach you how to make additional product sales off the back of your demonstrations – completely naturally and without being at all salesy.



How To Create Great-Looking, Valuable Handouts and Take-Away Packages

A critical but often overlooked component to a successful, valuable and professional raw food class is the all-important handouts. Handouts can – and should – be more than just the recipes that you teach. In this module you'll learn everything you need to know about how to create beautiful handouts that delight and impress (as well as doing the job they're supposed to do!) and also how to present them, what to put in your packs, how to ensure that they are something that your students use and get value from long after the class has completed – AND makes them more likely to invest with you again in the future.

RAW TEACHER TRAINING CURRICULUM

MONTH 4

How To Find and Select The Right Venue

Selecting the right venue is a huge part of what makes for an enjoyable class experience, and an area where so many teachers unfortunately get it wrong. In this seventh module I'll talk you through the pros and cons of teaching from home versus finding a third-party venue, including all of the many things to look for when selecting the right venue and all of the things you need to consider before signing on the dotted line. (Your choices in this area can literally make or break how your students feel about you and your class, so it's vital to get it right).



How To Find And Work With The Right Team

Yes, you will need help! And while finding someone to assist you may seem like one of the easiest parts of the equation ("I'll just get my sister to come round and do a few bits on the day"), it can actually be the one fraught with some of the biggest issues. In this module I'll talk you through what you must know about finding and hiring the right assistant/s, how to organise and manage your team (they'll usually be doing a lot more than just one thing), how much to pay them (no, you don't do a barter or a trade – and I'll explain exactly why), and how to make sure that they take away a lot of your stress rather than add to it!

RAW TEACHER TRAINING CURRICULUM

MONTH 5

How To Price Your Classes & Stick To A Budget

While many people love teaching raw food classes just for the joy of it (and it's true, they are such great fun that you might just want to do it for free!), but the reality is, you still have to make a profit, or your teaching career will be VERY short-lived! And that's not what we want of course – your classes need to happen over and over again so that you can change lives not for one-time-only but for as long as you feel called to share this work. So, in this ninth module, I'll show you how to take care of all of the financial aspects of your classes so that you can price your classes confidently and know you're going to come out of each class with your desired profit – or more!



How To Market And Fill Your Classes

Marketing is one of the most critical pieces of all – you simply must know how to let people know about your classes, and, just as importantly, have them reserve their spot and pay for it! No students = no class = no business, so this piece is vital. Without a doubt, there is a LOT to this piece, but in this module I've done ALL of the thinking and planning for you, and not only am I giving you proven raw food classes marketing materials to model, but also a step-by-step guide to marketing online and offline, PLUS a day-by-day marketing plan to make sure that your classes sell out each and every time. **(This one piece alone is truly worth your investment in this training).**

RAW TEACHER TRAINING CURRICULUM

MONTH 6

How To Take Care Of Administration

Handling bookings, payments and correspondence is often the first “real-life” interaction that you and a student may have, and it counts for far more than you might imagine when it comes to them having confidence in you and getting excited about learning from you. Whether or not you consider administration to be your strong point, it is important AND it can be super-easy and incredibly streamlined when you know how! In this module I’ll give you a step-by-step guide to managing the administrative areas of your teaching business, as well as specific copy that you can use in your emails and marketing to make sure that everything in this arena is as simple for you as possible. We’ll also be talking about how to handle refunds and cancellations – these can and do happen (it’s just part of life) so you need to be prepared!



What To Do In The Run Up To Your Class

There’s a very definite order to things and a lot of things to think about in the final few days before a class – more than most people imagine, by far. In fact, if you’re not a “details person” it can be very easy to forget one tiny thing that ends up causing big problems right at a critical moment on the big day itself – needless to say, I don’t want that to happen to you! As such I’ve created not only a Countdown Calendar for you to run your preparation by, but also a Countdown Checklist to accompany it and a recommended packing list so that no detail can ever be forgotten.

RAW TEACHER TRAINING CURRICULUM

MONTH 7

How To Run Your Big Day

Although we'd like to think that all that matters on the day itself is simply teaching the class, this is actually just a fraction of what you need to think about when the big day arrives. Aside from the actual teaching there's administration, team management, meeting and greeting, setting up your teaching area correctly, setting up shop (if you choose to run one), handling questions, time management and so much more! However, don't let this put you off, because today is where the magic happens. This is the day that changes lives. And again, I'll be providing you with a complete checklist of things to make sure are handled on the day as well as teaching you exactly how to handle them, so that you are stress-free and can coolly and calmly go about teaching and enjoying your class – just as it should be.



How To Sell Product at The Back Of The Room

Many raw food teachers (including myself in the early days) think that selling product in a class setting is distasteful or too salesy in some way. The truth is, students WANT to buy things at classes, and if you don't have what they want for sale they will have the additional time, energy and financial burden of having to source what they want elsewhere. By selling products in your classes not only do you assist your students in their raw food journey, making it quicker and easier for them to get started, but you also get to earn additional income, enabling you to grow your business, help more people and put you on the path to creating the sustainable, thriving business that you dream of.

RAW TEACHER TRAINING CURRICULUM

MONTH 8

After-Class Considerations

There are actually quite a few things to think about post-class – such as clean-up, reflection, celebration and refinement. It's all too easy to skip this step and lose out in a myriad of ways, and most teachers don't even think to do this, so in this final module I'll teach you what you need to do to make sure that everything is neatly cleaned up, things are made even easier for next time, AND you get to evolve your teaching business in the way that you and your students desire.



How To Keep Your Students Engaged and Connected To You

One of the biggest mistakes raw food teachers make is not keeping in touch with students after the class has ended. This is unfortunate for so many reasons, because it means that your students could be missing out on other great classes and offerings you may have in the future, and you're having to market to new people over and over again. In this final, all-important module, I'll share with you the best ways to stay connected to your students for the ultimate win-win and how to develop, cultivate and enjoy those special relationships for the long-term.

RAW TEACHER BONUSES VAULT

“My Raw Food Class Success Blueprint” Workbook (Value £97)

This step-by-step planner is a Godsend! It will literally handhold you through every consideration you need to make in order to create a great class via a series of questions that you will answer on the page by hand. By taking everything you have learned from the Training you'll be able to create the best raw food class possible, and this blueprint will synthesise everything beautifully into one solid workable plan that you can simply roll out. In fact, this blueprint is so solid in its approach that it can be used over and over again to create as many different classes of every type and size as you wish! (Delivered to you in PDF format so you can re-use it as often as you wish.)

10 Super-Simple Profitable Raw Teacher Business Plans (Value £297)

How would you love to own 10 different, super-simple Raw Food Teacher business plans that show you how to earn from £500 for teaching one small class up to £100,000 for teaching on a larger scale and by adding additional raw food services into the mix? I thought so! Which is why I have mapped out, just for you, 10 very different plans so you can see which one is the best fit for you and how YOU can make the income you personally desire.

A Certificate of Successful Completion & Comprehension

As part of this training, you have the opportunity to take an exam testing you on the content taught during the 16-module program. This will not be testing you on your ability to teach, but on your understanding of the content of the Training. Your certificate will be worded as follows: *This is to certify that [your name] has successfully completed the Complete Raw Teacher Training as taught by Karen Knowler, and has demonstrated an excellent understanding of what it takes to run life-changing raw food classes to a world-class, professional standard.*

Upon passing this exam you will be sent your certificate, together with a graphic you can put on your website. This will certainly be something that potential students will hold in high regard as they research the best raw food teacher/class for them, and it will set you apart from the many other raw food teachers who have not completed this Training.

25 of My Own Delicious and Universally Loved Raw Food Recipes that YOU Can Use in Your Classes (Value £ Priceless)

I often hear that new Raw Food Teachers are anxious about creating their own recipes, or simply want to be able to save time and hassle by teaching recipes that have already been time-tested and proven to be all-round winners and super-delicious. As part of this Training, I am gifting you **25 of my own gorgeous recipes** for you to use in your own classes! If having recipes given to you is what it takes you get you out there teaching and spreading the word about raw food with gusto and confidence, then that is what I'm delighted to do! Especially because I know how yummy all of these recipes are and I stand behind them 100%. To be clear, these recipes can be used in any combination in your classes, to create one class or more, and you can take or leave as many of the 25 recipes as you wish – it's completely up to you! You can create a class purely using any of these 25 recipes, or you can mix them in with your own recipes to create your own unique class. Please note that these recipes will only be made available to you once you have paid for the training in full, and they will be supplied to you on a single word document so that you can personalise them and present them exactly as you wish to when teaching your classes. The two conditions that are part of this agreement (and you will need to sign an agreement before we release these recipes to you) is that my specific copyright information remains on each recipe and that you use these recipes ONLY within your live classes or live 1:1 sessions, and do not use or republish them in any other format. The recipes that you will receive cover the following genres: juices, smoothies, breakfasts, snacks, main meals, dips, dressings, desserts. All recipes are 100% raw and vegan. I am even going to make my amazing Perfect Pizza recipe available to you to teach! What's not to love?!

What to Put On a Simple and Effective Raw Food Teacher Website

Most Raw Food Teachers will want to create a website to market themselves and what they do, which is definitely a good idea! One of the biggest issues that new teachers have is knowing exactly what to write and how to lay out their website so that it looks clean, professional and sells their classes. This bonus details what pages I recommend that you have, together with exactly what to put on them so that potential students know who you are, what you offer and why they should learn from YOU.

YOUR INVESTMENT

The Raw Teacher Training 2023-24 Training has a total value of well over £6,000 when you add up the value of the Raw Teacher Training itself (16 modules), the vault of bonuses, 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 £997* if applicable (Approx. \$1270), making this training and the high-touch support a complete steal!

You can either pay in full and receive all of the Raw Teacher Training and all of the Teacher Bonuses immediately, OR you can pay in 4 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 to content 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 Teacher Training very soon.

Karen

TESTIMONIALS



"I have thoroughly enjoyed taking the Raw Teacher Training class. It has had every detail one could ever imagine if you plan to teach raw food classes. Karen is so detailed and organized in presenting the material that it does not skip a beat. One of the items in the program I love is the mini charts Karen made as a reference when giving classes. These charts help one not to forget a minor detail and get all the items organized well. That benefits the teacher and the students and your reputation as a thorough teacher too. Highly recommended."

FRAN RICCI

Columbus, Ohio, USA



"I first learned how to teach raw food classes in 2007 when I attended Karen Knowler's Raw Food Coach Training. I decided to teach raw food classes because I'm passionate about showing people how to integrate quick, easy and delicious raw recipes into busy lives. Since 2007 I have gone on to teach and coach nearly 250 people about the joys of raw food. I love teaching classes because everyone gets so excited and inspired when they see how easy a high raw diet can be, even when you're busy. To anyone who is considering learning how to become a raw food teacher from Karen I would say do it – she not only gives you the confidence to teach raw food but also the business skills to get your classes out there."

SASKIA FRASER

Bristol, UK



I had been conducting raw food workshops, demonstrations and private consultations in Asia for 11 months when I signed up for Karen Knowler's Raw Teacher Training. Even though I already had some teaching experience, I looked to this course to bring my teaching to a whole new level.

I'm so glad to say that I've benefitted tremendously from this training. I have been able to apply the principles and techniques immediately at my raw food classes and have been getting regular positive feedback from many of my students. Thanks to the training, I'm seeing more and more of my classes being sold out.

The content in the course is extremely practical and applicable to me even though I'm based in Malaysia and I'm certain that one would be able to apply all the learnings from this training in any part of the world.

I especially liked how comprehensive the training was and everything was presented in a very well-structured manner. It's obvious that the entire training has been very well thought out and I would highly recommend it to anyone who wants a complete guide to becoming a great raw food teacher.

I thoroughly enjoyed the training calls which made the training very personal and interaction with the other students where we got to inspire, encourage and learn from each other. Since the course, I've been invited to conduct raw vegan activities all over Asia including Taipei, Hong Kong, Thailand, Singapore, Bali and Malaysia including international festivals such as Bali Vegan Festival 2018 and World Vegan Day Malaysia 2017 & 2018. I'm now also the host of my very own uncooking show called VELICIOUS with Raw Chef Yin. Also, am proud to say I'm the author of Malaysia's very first raw vegan cookbook - Raw Vegan Delights: Asian Edition. In fact, I have also been invited to present at TEDx. I've gained immensely from Karen Knowler's training course and it has most definitely helped me head in the direction of being the best raw food teacher that I can be."

RAW CHEF YIN

Vegan Chef & Educator, Malaysia



The first thing I can say about the RAW TEACHER TRAINING program is that there is so much more to it than I could ever have imagined. It literally takes you through EVERYTHING, step-by-step, and quite honestly, there are many things that I had never even considered. By the time I started in the program, I had already taught a few classes and found that it would have been much easier for me if I'd had this information prior to commencing teaching. It's very true what they say about hindsight, as I quickly learned that there wasn't any need for me "to reinvent the wheel." There are two things that stand out for me as holding the greatest value: The first one is the organizational component; the tips and suggestions on how to keep everything (including myself) organized, thereby reducing a huge amount of stress and anxiety. The second one is the gentle reminders to value ourselves, our time and our contribution. That's actually a very big one for me as I find it easy to get lost in the "tasks" which can sometimes seem to take over and I forget why I'm doing what I'm doing. Thank you, Karen, for your contribution and amazing work in putting this training together. It's incredibly thorough, detailed and most importantly useful! With huge respect and gratitude, Ann."

ANN LOTWIN

Kelowna, BC, Canada



"I have loved being a part of the Raw Teacher Training. I have found this training to be wonderfully thorough, supportive, critical, challenging, and inspiring. Each week I have looked forward to soaking in the top-notch content and discovering the unexpected/surprise practical handouts that Karen created for us as well as being able to ask Karen questions that were specifically related to each week's materials through a dedicated discussion. This comprehensive training covers the how-tos and combines teaching techniques with real-world business training. It taught me what to do before, during, and after a raw food class. Whether you're interested in running a great class, creating great content, creating great-looking handouts, being a great raw food teacher, or learning how to find the right venue, how to find the right team, how to price your classes, how to market and fill your classes, or how to take care of administration, this training will empower you to achieve your personal and professional goals. I highly recommend that others participate in the Raw Teacher Training. I can't say enough good about it. Anyone who is serious about teaching the best raw food classes they can teach should take it. The value of the training for me is that it is helping me to launch a new meaningful career the right way. It has changed things for me giving me a solid foundation upon which to build my raw food educator business. With the training that I have received from Karen, I am confident that when I start teaching I will leave no stone unturned by simply following the steps and tips and using the tools that she gave us."

BETH LINDLEY,

Washington, DC, USA



"I am so grateful to have discovered Karen's Raw Teacher Training program. It has and continues to help me to establish a solid and professional business grounding for my raw food classes and workshops. It provided me with everything I need to run a first class teaching raw food business plus clarified so many issues that I had been experiencing. More than this, it taught me that who I am is enough. What I have to offer is enough. To teach from the heart is what really matters. This is how Karen teaches and I have appreciated that so much throughout this training. I would highly recommend this training to anyone wanting to start or build their raw food teaching business."

KERRI-ANNE CHILVERS

Gympie, Queensland, Australia

I am a much more committed raw food teacher/coach since taking Karen Knowler's Raw Teacher Training program. One can see how much love & dedication Karen puts into teaching the world what she knows. I am deeply inspired and grateful for the opportunity to have learned from this world renowned chef.

Thank you very much for everything you have brought throughout this program. I think I have learned everything I need to organize a success raw food class. I especially like what is useful in this program, checklists, examples and advices. I continue to learn with the handouts of the latest modules.

SYLVIE DECOOPMAN

Antibes, France



"Prior to taking Karen's Raw Teacher Training course I was working in a dead-end job for 37 years. Not believing that it was possible to be doing what I love and money will follow...I signed on for the RAW TEACHER TRAINING class because of Karen advertising through her eZines/ newsletter that I had been receiving for about 3 years. I jumped at the opportunity to believe that what Karen said about this course as a must have for those who would like to take this profession seriously and making money at that while giving back to community. I believe Karen's sincerity and honesty in what she delivers to her clients. She is thorough and very knowledgeable in this area and uses a lot of common sense. I like how she explains it so simply that anyone can understand that there is work to be done to build a successful business or a career with the raw foods. Sad to see the course ending because I so enjoyed her as my coach but know that I have tools she provided me to start up a business and support if need be. I am now retired from my job and finishing up this course. I was able to have my business card designed and printed already, and my website is set up and under construction to move forwards. I can live my dream that I will not work another day when I do what I love. Thanks Karen to make it possible through this class and to make the info available."

GEORGINA ROELS

North Vancouver, B.C. Canada



"I decided I wanted to be a raw food teacher because since attending one of Karen Knowler's courses in 2006, I loved the way that raw food made me feel that I wanted to share that with others. So in 2011 I decided to attend Karen's "Raw Food Made Simple Teacher Training", so that I could gain the knowledge to run classes to inspire people to have the benefits of eating more delicious raw food. Karen's course gave me the skills and confidence I needed. Since taking part I have gone on to teach four raw food classes and this month, less than six months after completing the training, I'll be running my first sell out class with 15 people! I've now designed a further seven classes and developed three collaborations – one with a local cookery school. I love teaching classes because people so often think that raw food is just about salad, and it really doesn't have to be. I love developing new recipes and it's great to see people's attitudes change, to see them really getting switched on to the food. I would wholeheartedly recommend learning how to become a raw food teacher from Karen. Her programme offers a fast track route to planning, structuring and teaching successful raw food classes, but more than that she shows you how to develop a raw food business that attracts the right customers for you. It was a brilliant investment that has really paid off!"

DEB DURRANT

Gloucestershire, UK
