

Lisa Snowdon

Hi everyone, my name is Colleen Roberts and I am the creator and founder of www.colleenscoachingcorner.com.

This morning I feel so blessed and privileged to be able to interview one of my fellow coaches who did their training with the Inspired Spirit Coaching Academy (ISCA). Through this I have met so many wonderful people from all over the world and with so many different niches and expertise. This academy is where I did my training and it is totally life transforming. .



Today this special interview is with:

Name: **Lisa Snowdon from Sydney**

Business: **Vibrant Nutrition – Nutritionist and Health Coach**

Website: <http://www.vibrantnutrition.com.au/>



Hi Lisa welcome to the call.

What made you become involved in your chosen field or choose what you are doing? What is your story behind it?

I had my own challenges with food intolerances and digestive issues and when I couldn't find any answers through conventional medicine I started reading and then studying Nutrition. The saying 'You are what you eat' always made so much sense to me, and my diet had a lot to be desired at the time, even though I thought it was fairly healthy.

Creating balance in my diet helped me to create balance in the rest of my life and that's what I love to help other people with.

Lisa Snowdon

Please tell me what inspired you to create your business and website or how it came to be?

I've always had an interest in healthy food and its connection to health. After a decade working in IT and investment banking I felt the call to do something more inspiring and rewarding. I wanted to help people perform at their best and the way I know I can do that is to help them identify the foods that work for them and the ones that don't and create healthy, balanced meals around those foods that work.

After the first couple of years running my business I came to realise that everybody is so time poor, so I created my website to run online programs and reach more people from the comfort of their own homes. This helps people go at their own pace and stick to the length of time it takes to make lasting changes and achieve the results they want.

Describe your ideal clients, customers or how the information you have learnt can benefit your clients or other people?

I have a couple of ideal clients. The first is anybody suffering digestive symptoms or IBS. I love to help people identify the foods that don't work for them. Removing these foods from the diet can change someone's life. People with IBS often suffer brain fog, joint pain, fatigue and symptoms that dramatically impact the quality of their lives. I love being part of helping someone feel like the real them again.

My second ideal client is someone looking to achieve their ideal weight, boost their energy and get real clarity around what foods work for them and what foods don't.

Both of these groups of people are often busy and time poor so they love that I can work over the phone and have downloadable material as well as work in a clinic.

How long have you been involved or owned your business?

I've been in business for myself over 10 years now. I started with an organic juice bar in some of the Sydney markets. I did really enjoy that but my husband and I decided to sell it on as our kids started school as it was a weekend job and that's now important family time. We had that business for 5 years and in the last couple of years we bought a café as well. We had that for 2 ½ years but to be honest that just wasn't for me.

As I was running these two businesses and having two children I did my study in Nutritional Medicine. They were certainly very busy years and part of my learning that balance is key to being healthy. It's not all about food!

Lisa Snowdon

What was your ultimate goal when you decided to open your business and has that goal changed?

I had personal goals and professional goals. My personal goals were that I'd be doing a job that I love, helping and supporting people to live happier, healthier, more fulfilling lives and doing it on my own terms.

Working hours that suit me and my family, with the flexibility of being able to work from anywhere.

My professional goals are to help as many people as possible improve their health. Obviously it's important that I earn a living from my career so I can keep helping people while supporting my family.

What community events or charities do you support or sponsor or would like to?

Through my business I've done some events at local schools. Things like how to pack a healthy lunch box. Education around food and health is very important to me and I hope to expand this area of my business over time. All children should have access to information about healthy food, I feel strongly about this and when the time is right I hope to do more here.

Personally we sponsor a child through World Vision and I've also sponsored a child through the Smith Family in Australia.

There's so much more that I'd like to do through community events or charities as my time allows.

Finally Lisa what are your achievements or do you have anything that you would like to promote?

I have various programs to help people improve their health and reach their health goals. If you are listening to this and ready to change your diet then have a look at my website. There's lots of information, recipes and tools to help.

If you'd like some clarity around food and your health then get in touch. I offer a free nutritional strategy session to help offer some clarity on how to best improve your health.

Lisa Snowdon

I offer an affiliate program for other health professionals or coaches to offer my programs to clients. There's a fun 2 week sugar detox that's all planned out and gets us to remove all sugar from our diets for 2 weeks. This helps us re-set our blood sugar, get rid of sugar cravings and get in touch with our bodies and how foods affect us. It's a great program for anybody ready to make healthy changes to their diet using natural whole foods. It's amazing how much better you can feel in 2 weeks. See my website for more information on what you get -

<http://www.vibrantnutrition.com.au/sugar-detox>

The second program is called The Road to Wellness and this is an 8 week program that covers other aspects of health that we need to address to reach and maintain our ideal weight and energy levels. We cover food, breathing, exercise, meditation, chewing properly, water consumption and lots more. I also get the clients to record their food and feelings in a journal that they share with me so I can help them make the small changes that will get the results they are looking for. For more information on this and to see the free webinar I did to introduce people to this program see this page –

<http://www.vibrantnutrition.com.au/free-download-road-to-wellness>

That now brings us to the end of our interview with Lisa today.

Lisa can be contacted through her website at

<http://www.vibrantnutrition.com.au/>



Vibrant Nutrition

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About Lisa Snowdon [Tweet](#)

I am a Qualified Nutritionist and the founder of Vibrant Nutrition - I help clients tackle weight issues, conquer IBS, increase energy levels and much more. I am also a Life Coach and practice the Transformational Coaching Method. There is so much that can be done to enhance well-being using the greatest medicine known to us – **Food**.

I specialise in blood sugar problems and sugar addiction, weight loss, IBS and digestive disorders and in lowering cholesterol levels naturally through dietary and lifestyle changes. I run online programs that deliver the practical advice about what foods to eat and what foods to avoid to be healthy, lose weight and feel great. I also do health coaching over the phone or Skype to help people transform their habits and behaviours around food and their eating patterns.

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Lisa Snowdon

So until next time, remember you don't have to do things by yourself - hire a life coach - we are in your corner each step of the way.

Thank you so much Lisa. Have a fantastic and wonderful day!!

Colleen

Prosperity & Self Esteem Life Coach

www.colleenscoachingcorner.com



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