

**PASSIONATE INSPIRING ENTHUSIASTIC
LIFESTYLE COACH + NUTRITION EXPERT + SPEAKER**

RENATA'S MOST REQUESTED PROGRAMS

THE DIET FREE 8 STEP SYSTEM TO GREAT HEALTH AND A SEXY BODY

Say bye bye to these few extra pounds, sluggish metabolism and headaches with ease. Learn Renata's proven 8 Step System to be at your ideal size, to have the freedom to wear the clothes that makes you feel confident in your body and feel proud to see yourself in the mirror. Learn easy strategies and become empowered in making healthy lifestyle choices to reach your wellness goals faster than you will on your own.

This workshop is based on Renata's 8 Step System in coaching her private clients around the world to transform their body, health and feel energized and alive.

LA DOLCE VITA! THE SWEET LIFE WITHOUT SUGAR CRAVINGS AND MOOD SWINGS

Do you struggle with lack of energy, vitality and moods swings for no reason? Are sugar cravings running your life? During this eye opening seminar you will learn how sugar affects not only your weight, health and energy but also your relationships, and your emotional wellbeing. You will understand the cycles of sugar cravings and sugar addiction and how to free yourself from them permanently. You will discover simple alternatives to the typical sugars in junk food, candy and other unhealthy snacks.

As a former sugar addict Renata is absolutely passionate about sharing her secrets and her personal story to help her clients recover from sugar cravings, constant fatigue and headaches quickly and comfortably.

MAKING HEALTHY LIVING PART OF YOUR BUSINESS SUCCESS

Do you wish you can create the lifestyle you really desire and "have it all" without guilt and apology? Are you tired of sacrifice, struggle and no time for yourself? Learn how to prioritize your own desires and DO, BE and ENJOY your life fully through the daily routine and the lifestyle that you absolutely love. Discover how to increase your energy and vitality and embrace all aspects of yourself to increase your productivity and business success.

Through her own inspiring story, Renata will show you how to live vibrant, healthy and alive and have the personal and professional lifestyle you adore elegantly and with eases.



TESTIMONIALS

"Renata was very passionate and engaging! You can tell she was speaking about what she believes in, not simply a topic or subject."

"Excellent presentation! Very well organized. Clearly executed."

"Renata has so much knowledge to share on many topics. Very interesting and well presented and related to real-life scenarios. Bravo!"

"Renata was great, I loved her! She gave a great presentation. Come back please!"

"Excellent instructions. Excellent presentation!"

"The presentation was so impressive!"

"You were great! So informative, thank you!"

"Very passionate about her work which was displayed in the seminar."

"Renata was excellent! I learned a lot through her presentation."

"Your program is the only one that works!"

"Renata really CARES about the people she works with. She is enthusiastic about teaching people a 'new' way to live life."

"Since I met her my whole attitude on life began to change."

"Thank you Renata for your coaching. You are wonderful!!! Things are happening."