



Brenda Jaeck

Nutrition and Lifestyle Coach,
Radio Host, Author, Lecturer
and Workshop Facilitator

TESTIMONIALS

"Brenda does amazing work, and gets impressive results."

Stephanie Paradise, owner of New Age Health Spa, Neversink, NY (where Ms. Jaeck is a frequent lecturer).

"Brenda has been a great resource for our members. She has a way of connecting with our corporate clients who lead extremely hectic lifestyles. Brenda does a terrific job of giving helpful, and useful advice."

Al Tischhauser, Director of Membership - Manhattan Athletic Club (with which Brenda is affiliated)

"One of the best lecturers I've seen in years!"

Laura, weekend workshop participant.

OTHER POPULAR LECTURES:

Healthy Weight Loss, Eating Out Healthy and Still have Fun, Cravings and What They Tell US, Women's Health. For additional information on these and other topics visit: <http://www.SeedsToChange.com/events.asp>

All topics can be presented in a short format (45 minutes – 1 hour) or expanded into a day or weekend workshop.

PRESENTATIONS

Getting to Balance from the Inside Out

We could all benefit from greater balance in our lives. So many of us don't eat or sleep as well as we should. We often lack the motivation we feel we need to accomplish our life goals. Brenda will discuss the ways in which these areas of our lives are inter-related, and therefore have a profound cause-and-effect relationship, keeping us out of balance.

Getting to Balance from the Inside Out presents a comprehensive roadmap for achieving greater life balance. Attendees will learn practical methods for adjusting sleep and eating patterns, discover how to make time for healthy exercise, set and achieve realistic goals, and create healthier relationships.

Eat for Balance and Energy

Many people say they always feel tired, or they report experiencing wild swings in energy levels or mood throughout the day. Brenda will discuss the role of food in our lives as it relates to overall health and life balance.

Eating for Balance and Energy presents a new approach to thinking about the food we eat. Energy draining foods, the types of food that give us energy, and closely related lifestyle factors will be discussed. Attendees will learn practical strategies and diet changes they can make in their daily lives to provide healthy, consistent energy levels. Related lifestyle factors will also be discussed, with an aim toward better overall balance.

Eat to Accomplish Your Goals

Everyone at one time or another has used food to satisfy an emotional situation; drowning our sorrows in a tub of ice cream, or celebrating an important milestone with a large, expensive meal. But we can also use food in ways that support our life goals more effectively.

In *Eat to Accomplish Your Goals*, Brenda discusses specific foods and other lifestyle choices that can be used to lower stress levels, stay grounded, and lift our spirits as we take steps toward achieving our goals.

Getting Out of Your Head: How to Relax and Conquer Chatter

Many people report they just can't seem to stop their minds from racing. They have difficulty getting to sleep because of it, and report higher levels of stress in their lives. There are good reasons why this chatter exists - happily there are ways to calm it, and ourselves. Curbing the chatter can give us greater focus, clarity, and relaxation.

In *Getting Out of Your Head: How to Relax and Conquer Chatter*, Brenda discusses the ramifications of chatter in our minds, explores the reasons behind it, and provides effective techniques for calming the voices. The session includes a brief lecture, an interactive demonstration and take-away notes.

Keeping Balance in Your Life While Going Through a Transition

During times of transition – divorce, job change, moving, etc., people often report feeling "out of sorts." We start poor eating habits, lose focus, and generally feel as if our lives are out of balance.

In *Keeping Balance In Your Life While Going Through a Transition*, Brenda discusses how nutritional and lifestyle choices can create focus and a sense of being more grounded in our lives. Realistic nutritional suggestions, and a step-by-step approach is presented that will help foster balance and grounding while in transition.



SEEDS to CHANGE

Helping you grow a happy, healthy life

BIOGRAPHY

Brenda Jaeck, a Certified Nutritional and Lifestyle Coach, is an author, lecturer, workshop facilitator, and radio show host. Brenda's goal is to educate, inspire, and motivate people to create life-long healthy eating and living plans.

In addition to working with clients one-on-one, Brenda is a frequent guest speaker and seminar leader – speaking in such diverse venues as corporate offices and resort spas. She shares candid insights on her weekly internet radio show (www.tribecaradio.net) and in her monthly newsletter. Brenda has created a variety of information products, including a self-produced series of audio CDs on various topics, as well as several home-study programs that teach how to create a healthier life.

Brenda is currently enjoying her second successful career. She spent 19 years in the high-tech world before her health was compromised by the constant stress of an executive position. The demands of her life were manifesting themselves in hypoglycemia, insomnia and mood swings. Not exactly sure what she needed to change, Brenda thought getting a better handle on nutrition was a good place to start. So, she went back to school to learn holistic nutrition and as a result, she DID feel a lot better. Her diet was in better balance and as a result, her hypoglycemia was resolved. This allowed her to be much calmer, and gave her much more energy and mental clarity.

Brenda's epiphany that 'something had to change' and the actions she took to achieve that change literally saved her life. She decided she wanted to share this knowledge by helping others achieve the same balance and energy in their lives. Her passion is now her profession and she has never been happier, healthier, or more successful.

Educational Background

Brenda studied holistic nutrition at the Institute of Integrative Nutrition, successfully completing the regular program there, as well as the Advanced Immersion Program. Brenda then studied with a Zen master in India for a time. She went on to complete the Ann Wigmore Institute's Program on Fasting and Cleansing, and became certified in the Living Food Lifestyle. Brenda is also a Certified Jivamukti Yoga Instructor and enjoys regularly practicing and teaching meditation.

Brenda holds a BS in Business Administration with minor in Computer Science from Rochester Institute of Technology and an MBA from Pepperdine University, where she was also an adjunct professor.

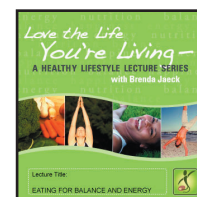
Member

National Speakers Association
National Association of Female Executives

TO LEARN MORE ABOUT BRENDA:



Listen to her **radio show**: podcast
on www.SeedsToChange.com



Explore her *Love the Life You're Living* audio

CD series available from:
www.SeedsToChange.com
www.Amazon.com
www.Audible.com



Subscribe to her **Emagazine**
chock full of useful
information and tips on:
www.SeedsToChange.com

CONTACT INFORMATION

Brenda Jaeck,

Nutrition and Lifestyle Coach,
Radio Host, Author, Lecturer and
Workshop Facilitator

(917) 213 – 9305
(917) 591 – 3015 fax
Brenda@SeedsToChange.com
www.SeedsToChange.com