



PENNY PLAUTZ

EVERYDAY ALCHEMIST
TRANSFORMATIONAL COACH
ACCESS CONSCIOUSNESS®
PRACTITIONER
WRITER & POET



CONTACT PENNY

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MEET PENNY

Penny is a life-long learner. Fascinated by all that allows us to become the best versions of ourselves, she has pursued health and wellness through the mind, body, and spirit lens. She apprenticed with shamans in Teotihuacan, Mexico, and in Bali, Indonesia. She earned her eating psychology coaching certification from the Institute for the Psychology of Eating. She studied the chakra system and Emotional Freedom Technique in Margaret Lynch Raniere's year-long coaching program.

CERTIFICATIONS:

- ACE Gold Certified Fitness Instructor
- Certified Eating Psychology Coach
- Certified Creativity Coach
- Access Consciousness® Practitioner
- Author, *Coming Clean: 6 Steps to Making AMENDS With Your Body*, *Body Confidence From the Inside Out*, and *Wellness Works!*,

ONLINE GROUP COACHING/WORKSHOPS/RETREATS

- Coming Clean: 6 Steps to Making AMENDS With Your Body
- How to Get Your Groove Back
- Body Confidence From The Inside Out
- Tapping Into Your Wellpower
- Practicing Everyday Alchemy
- The Hummingbird Sessions
- The Joy Imperative
- Unleash Your Creativity
- Access Your Intuition
- Power Play
- Resolve to Evolve
- Stress Less Living
- Read It & Leap

JOB EXPERIENCE & ACADEMIC BACKGROUND

EASTERN IOWA COMMUNITY COLLEGE - SITE FACILITATOR
TRANSFORMATION STUDIOS - OWNER
SANTA FE COMMUNITY COLLEGE- FITNESS INSTRUCTOR
QUAIL RUN RESORT - MEMBERSHIP DIRECTOR
DFW EXECUTIVE CONFERENCE CENTER- HEALTH CLUB
MANAGER/PRO SHOP MANAGER
JOHN F. KENNEDY UNIVERSITY - GRADUATE HOURS IN
HOLISTIC HEALTH EDUCATION
UNIVERSITY OF NORTHERN IOWA - BA GENERAL STUDIES