



PENNY PLAUTZ

CREATIVE CATALYST,
ACCESS CONSCIOUSNESS®
PRACTITIONER, CFMW,
WRITER



CONTACT PENNY

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MEET PENNY

What would it take to create the body, the business, and the life that lights you up? This is what Penny helps you discover. By being uniquely herself, asking questions, following the energy, and being aware of what's possible, she catalyzes conscious change and empowers you to access your knowing. She apprenticed with shamans in Teotihuacan, Mexico, healers in Bali, Indonesia, and is training to become a certified facilitator with Access Consciousness®.

CERTIFICATIONS:

- ACE Gold Certified Fitness Instructor
- Certified Eating Psychology Coach
- Certified Creativity Coach
- Access Consciousness® Bars Practitioner, CFMW
- 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 - CENTER 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 WORK IN
HOLISTIC HEALTH EDUCATION

UNIVERSITY OF NORTHERN IOWA - BA GENERAL STUDIES