



# PENNY PLAUTZ

CREATIVE CATALYST,  
ACCESS CONSCIOUSNESS®  
CERTIFIED FACILITATOR &  
BODY PROCESS FACILITATOR,  
WRITER



## CONTACT PENNY

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## MEET PENNY

What would it take to create the body, the business, or the life that lights you up? Penny helps you discover this by asking questions, following the energy, and being aware of what's possible. She catalyzes conscious change by empowering you to stop judging yourself, come out of hiding, befriend your body, and access your well of power.

## CERTIFICATIONS:

- Access Consciousness® Certified Facilitator & Body Process Facilitator
- Author, *Coming Clean: 6 Steps to Making AMENDS With Your Body*, *Body Confidence From the Inside Out*, and *Wellness Works!*
- Certified Eating Psychology Coach
- Certified Creativity Coach
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## ONLINE GROUP COACHING/WORKSHOPS/RETREATS

- Coming Clean: 6 Steps to Making AMENDS With Your Body
- How to Get Your Groove Back
- A Summer of Ease, Joy, and Glory
- 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