

LAUREN MARSH

Nutritional Therapist and Wellness Coach

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Cape Town, South Africa



EXPERIENCE

CEO and Brewmaster

Aceso Culture Pty Ltd

2017 Cape Town, South Africa

www.acesoculture.com

Manufacture and Distribution of Aceso Fire Tonic™

- Founder of Aceso Culture
- Business growth and development
- Education
- Brewmaster - of Fire Tonic™
- Health coach

Health and Fitness Coach, Co - Founder

The Wedding Trainer Pty Ltd

2013 Cape Town, South Africa

Health and Fitness coaching for brides and bridal parties

- Co- Founder
- Business growth and development
- Physical coaching clients
- Nutrition plans

Fitness Practitioner

Zone Fitness

2013 - 2018 Cape Town, South Africa

Health and Fitness Coach

- Personal Training
- Group Functional Training
- Nutrition plans and guidance

Account Manager

First Distribution

2012 - 2013 Cape Town, South Africa

IT Hardware and software distribution

Marketing and Operations Manager

Cruise IQ

2008 - 2011 Cape Town, South Africa

Operations and Marketing manager

EDUCATION

Nutritional Therapist

The College of Naturopathic Medicine

2015 - 2017 Ireland

- International Diploma

GPA

4.0 / 4.0

Herbal Medicine

American School of Natural Health

2017

- Certificate

Exercise Science

Health and Fitness Professionals Academy

2012 - 2013

- Diploma

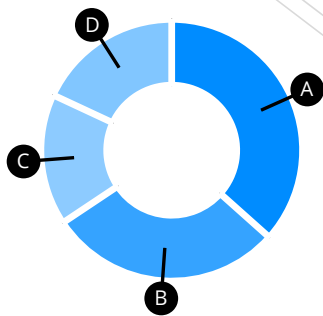
Marketing and Business Management

Northlink College

2005 - 2007

- 3 year Diploma

MY TIME



- A Business Start up and Development
- B Business Growth and Retention
- C Midfulness/fitness/Personal growth time
- D Education Growth - Podcasts/Ted talks/online courses