

# The Chocolate Therapist™

*Author and speaker Julie Pech offers a collection of presentations unlike any you've ever experienced.*

## **The Extraordinary Health Benefits of Chocolate**



30-60 minute presentation (tailored to suit) on the health benefits of chocolate, how to read labels, how much to eat for health, which brands are best, how it affects the body, much more. Includes handouts and samples for each guest. Most popular and easiest for large groups.



## **How to Pair Chocolate & Wine OR Chocolate & Tea**

45-90 minute presentation (tailored to suit). Both classes: 2-3 international chocolates, discussion on how chocolate is made from bean to bar. Tea class: 2 teas and 3 custom-crafted chocolates per tea. Wine class: 4 international wines with 2 custom chocolates per wine, designed to bring out flavors in both the wine or tea and the chocolate, discussion on teas or wines with highlights of each brand served, how to eat chocolate properly, how to pair chocolate & tea or wine, how to microwave chocolate to make your own creations. Also includes a folder of handouts for each guest including everything covered in class, napkins, cups, wine glasses, plates and crackers to cleanse palate.

## **International Chocolate Pairing**



45 minute presentation, 5-6 international chocolates, pairing instructions, discussion on single origin chocolates, how to cleanse the palate, how to host your own chocolate party, discussion on how chocolate is made from bean to bar, discussion on how to eat chocolate properly, how to microwave chocolate, folder of handouts for each guest with all the information covered in class.

## **Empowerment & Entrepreneurship: Why "Different" Works**

45-90 minutes, (tailored to suit). Julie is as passionate about the pursuit of dreams as she is about chocolate. She shares her unique story of selling her business to write, wading through unforeseen events, the "coincidences" and successes. Her story inspires guests to embrace their own potential, unlock limits and pursue their passions with authentic purpose. She includes integrative business strategies to help audiences identify their own unique possibilities. In addition to being an author and speaker, Julie owns The Chocolate Therapist chocolate shop (Littleton, Colorado) and has been an entrepreneur for more than 12 years.

**Handcrafted, all-natural chocolate table gifts and quantity-discount book specials available**  
**All presentations can be tailored, combined or changed to suit the needs of your event**



**Julie Pech**

Julie uniquely combines the latest scientific research on chocolate and decades of nutrition studies into a variety of events that every guest will enjoy. All the presentations are both informative and entertaining, designed so guests will have fun while learning about chocolate, as well as learn how to make simple life-enhancing choices for a healthier lifestyle. Julie's lifetime commitment to health-conscious living and a passion for chocolate naturally bring these concepts together. She is a Nutrition Educator and has a degree in Psychology from the University of Colorado, Denver.

**For scheduling and pricing details, please contact Julie at [julie@TheChocolateTherapist.com](mailto:julie@TheChocolateTherapist.com), 303-795-7913 or 303-489-7720.**

