

THANKS SO MUCH!

# Introduction to “RECIPE FOR RESPECT”



Hey there, friend! Thanks for your interest in my cooking classes. I'm so looking forward to bring this to life for you, it's going to be so much fun.

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You'll receive updates via email as we get closer to the starting date.

## My reason behind creating it ?

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Are you tired of the same meals every night?  
Are you ready to make a shift so that you become deeply connected to your partner and choose to prioritised your relationship by finding your recipe for respect.  
It's never too late to rebuild your relationship. I have been in the Hospitality Industry for over 30 years now and have in the past four years become a Master Practitioner of Neuro Linguistic Programming and Hypnotherapist. You may also know me from "Apple Annies" and later with the business my husband and I built, "Johnny Baker".  
I was once struggling in my relationship, working long hours and I came to a turning point when I was asked if I wanted to be with my husband? That was one of the most important moments in my life, choosing is about taking responsibility for your part in the relationship.  
It comes down to RESPECT. What is respect?  
It's a deep admiration, having compassion, valuing someone's feelings, views and wishes.  
Individuals that prioritise respect are more likely to form positive and meaningful relationships.  
Have you lost the feeling of connection with your partner? You may have fallen into a rut of not making time for each other?  
My Introduction to Recipe for RESPECT is designed to learn some fun skills in the kitchen, create beautiful meals and start to enhance your communication using your creativity and all your senses.  
Find a new level of connection with more clarity and purpose.





I will be running classes regularly  
at Johnny Baker Uptown  
on Saturdays from 10am -2pm  
The value is \$165 p/p



# Introduction to Recipe for RESPECT

I want to get to know you and shape this program around your needs  
so please:

Send me an email on [awakeningswithanwyn@gmail.com](mailto:awakeningswithanwyn@gmail.com)  
or DM me on Instagram

<https://www.instagram.com/awakeningswithanwyn/>  
and tell me:

- What's your biggest challenging dish to make?
- Your most important goal this year?



# Introduction to Recipe for RESPECT

Each workshop will run for approx 4 hours and you will  
be provided with all the equipment and food on the day.

As a bonus you will also get a RESPECT apron

Pre purchase



<https://awakeningswithanwyn.com>