

PROFILE

of a CHAMPION

Ingrid Heise

Ingrid Heise's life has always been centered around helping others. At first, others meant animals as her earlier years were spent helping animals clinically recover from illness and injury. This naturally gave her a foundational interest in health and healing. When she was introduced to Nature's Sunshine and alternative health, she found it a perfect fit. Through education in iridology, live blood analysis, holistic healing, herbology, energy medicine and with the help of other successful NSP Managers like Eugene Orr, Ingrid started a career as practitioner in holistic healing and the use of herbal medicine.

In 2004 she opened a clinic in Edson, AB. Then in 2014, she moved to McBride, BC, to launch her ultimate dream of owning her own holistic wellness and healing retreat. Today, a Silver NSP Manager, Ingrid continues to build and expand her dream from her home in a valley surrounded by the beauty of mountains and overlooking the Fraser River. Her retreat offers various systems of holistic modalities, energy healing and herbal medicines.

We had the opportunity to speak with Ingrid and get some insights into what's made her successful.

Why Nature's Sunshine?

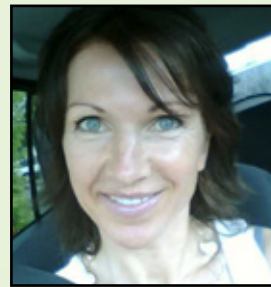
For Ingrid, NSP is a one of a kind company. At first she was impressed by the educational tools, customer support and friendliness of NSP staff. As her knowledge of the products grew she became convinced of their quality and effectiveness. "With NSP I feel I get consistent results with my clients. I'm impressed with the company's products and the unique formulas that only NSP offers." Ingrid especially likes the Chinese herbs because they work with the whole person, which compliments her own work in the areas of energy healing.

Your 3 keys to success:

- 1) Passion and living what she teaches. Being a genuine example. "People get a sense of trust when they can see you are passionate about your work and that you actually live what you teach."
- 2) Education. People look to someone who is confident in what they teach and confidence comes from having knowledge. Ingrid finds that people are thirsty for information and they value a source they can trust in.
- 3) Ingrid has an authentic interest and concern for people and strives to be consistently available to them. She finds people are drawn to those they know care and who are genuinely interested in their journey to health and wellbeing.

What's your ultimate goal?

"I'm really living my ultimate goal right now," says Ingrid. "This beautiful place and all I am creating here is where I've always dreamed of being." NSP was an important career step towards this goal and the products and company have brought much into her life she would not otherwise have been able to realize, and for this she is very grateful.



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How I grow my business

For Ingrid, growth is part of life. Growing her business happened very naturally and organically by pursuing what she was looking for in life then teaching it to others. According to Ingrid, we very naturally attract people to us who resonate with who we are. She feels that being a personal example of happiness, health and wellbeing is an important ingredient for business success.

Her business is as much about being a life and health coach to others as it is physical healing. "Our health stems from our own inner source of wellbeing," explains Ingrid. "People come to me for that purpose—to receive through education, training and healing modalities that I offer. I feel honoured to help others access their own inherent wisdom and to be able to help them grow into their greatest potential in all areas of life, health and happiness."

Helping others to grow

Ingrid believes that if you focus on your passion, success will naturally follow.

In her NSP group of distributors, she likes to help individuals identify their own specific goals and get clear on their passion. "Then I like to help people discover the possibilities that are available with NSP that will get them there," says Ingrid.

Through one-on-one meetings and training she helps individuals learn the benefits of using NSP products. She likes to start new people off with foundational products for overall health, and build from there. Education and personally using the products to see how they work are an important first step for those starting out with NSP, she finds.