

# PROFILE

## of a CHAMPION

### Angela Rasheed

Angela has been involved in Nature's Sunshine, alongside her mother, Carla Brown, for over twenty years. After losing her own mother to cancer, Carla embarked on a health journey and eventually became a leading holistic health practitioner in Durham Region, ON. After trying many nutritional supplement companies, Carla became a staunch supporter of Nature's Sunshine products for her own family and clients.

With the example and inspiration of her mother, Angela embarked on her own career path in holistic health and NSP products. "I can remember ever since the age of 12 attending Conference with my mom. Then as a young adult I decided this was my path too, and signed up with NSP under my mom. Now I have my own health practice promoting body-mind-spirit well-being and promoting NSP products to friends, family, clients, and the public." In 2018, Angela became a Silver Manager and visited NSP's manufacturing/research facilities in Utah, USA to see firsthand how NSP supplements are made.

"In our family and business we are firmly committed to NSP's products," says Angela. "Me, my husband and three children take NSP supplements every day."

#### Why Nature's Sunshine?

"I promote NSP to people because the products really work, and the prices are exceptional given the quality of the products. I also appreciate the broad range of products, the herbal combinations, and the resources available to help individuals choose the most appropriate product for a given health issue. I also like that one can even start and grow her or his own business if they want."

#### Your 3 keys to success:

1. *Believe in the product you are promoting.* "Use the resources available, like the health survey and the recommended products, in your own life so that you can demonstrate to people that the products and lifestyle really work."
2. *Support your successline.* "Reach out with personal interaction and find out what's working for people, and areas in which they need support. Your successline is your NSP family — like all families we grow through support."
3. *Grow every day.* "Each new day is an opportunity to be healthier, learn more, and grow. Talk about health and NSP to a new person every day. There's no end of people who would benefit from NSP products!"

#### My Ultimate Goal

"My goal is to continue growing the business and promote health and wellness to the world. I love what I'm doing."



Angela Rasheed

#### How I grow my NSP business

"I grow my business by educating people on health and wellness. To be our best we need to support our body, mind, and spirit. Supplementing with high quality nutrition is important for the body to function at its best, and in turn support our mind and spirit. I never miss an opportunity to promote NSP products and lifestyle, whether to a friend, to family, or even a complete stranger on the street!"

#### How I grow my Managers

"My Managers are people who are interested in health, and are willing to learn and grow by educating themselves and helping other people. Regular meet-ups and support groups are very important in maintaining connection and supporting each other. Attending the yearly NSP Conference is also key, as it motivates and educates people, whether they've been to many Conferences or it is their first one. Being available on the phone or through e-mail is also key. Reach out to your team regularly and *share, share, share!*"