

PROFILE

of a CHAMPION

Tammy Holmes

Tammy was introduced to Nature's Sunshine Products in 2005 when her 11 year old daughter was plagued with health concerns that standard healthcare was unable to address. After three days working with NSP Manager Penny Slimmon, Tammy's daughter was back to her energetic self. For Tammy this marked the start of a new life path in alternative health with NSP.

By 2009, Tammy took her first Steven Horne course and she was hooked. She became a Natural Health Practitioner and was able to quit her 20 year job as an Educational Assistant. "NSP has literally saved my daughter, my mother, and myself. In 2012 my mother survived heart surgery and lived through two bouts of C-Diff. Then in 2013 I survived eight days with a burst appendix—with the help of quality products and the care and training from some great people I was able to fully recover."

In 2013 Tammy took part in the first IN.FORM program in Canada, becoming a certified IN.FORM Coach. "Now I'm loving the new and improved IN.FORM program and just recently became certified in our amazing NSP Authentic Essential Oils."

Why Nature's Sunshine?

Once you start using NSP products you won't want to stop, says Tammy. And NSP's motto of quality, service and integrity are a perfect fit with her: "I'm a 'save the world' kind of girl," says Tammy, "and NSP is certainly the right company to partner with having a mission statement like that!" She comments that the company has stood by her and encouraged her, even in times of difficulty. "They have supported me and push me forward."

Your 3 keys to success:

- 1) Passion: "I love the product, the people and the learning. I'm all in!"
- 2) Listening: "Listening to the coaching, the advice, the speakers... all that's made available to make me better and more accessible to helping others."
- 3) Applying: "Applying the passion and learning to my business, and as a practitioner. Don't give up but keep it simple."

What's your ultimate goal?

"My ultimate goal would be to have a thriving business that helps all who seek it, to enjoy a residual income and help my husband to retire. And lastly, I would like to continue to be the healthiest me and be a good example to those around me."



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How I grow my NSP business

"I grow my business by talking to people," Tammy says. She has also gotten to know how the NSP business/marketing compensation plan works and how to use it. "Learning the numbers and how they work is important — I tripled my business once I understood where I was going and how to work the marketing strategy."

How I develop Managers

"I think its important to help someone grow in whatever area resonates with them. There are many avenues where people can grow with NSP — I've tried to learn about everything from being a practitioner to Herbal Hours and IN.FORM."

The following are Tammy's principles that she says best grow her group and Managers:

Keep it simple.

Be duplicatable.

Nature's Sunshine has laid it all out for us. So we don't need to reinvent the wheel.

Teach people about Sunshine Rewards.

Share exciting incentives like I-Inspire!