



beWell
WITH M

Mandy Rosse is a certified Holistic Nutrition and Lifestyle Coach, Culinary Medicine Practitioner, and founder of *Be Well with M*. A former Executive Chef with over 22 years of experience, Mandy transitioned from her hospitality career as an executive chef to designing personalized wellness programs that empower individuals to achieve vibrant health.

Her passion for nourishing from within stems from her personal journey as a mom and entrepreneur, where she discovered the transformative power of food, lifestyle, and holistic health practices. Today, Mandy also specializes in women's health, helping clients navigate hormonal changes, stress management, and nutrition through every stage of life.

With a unique blend of culinary expertise and evidence-based nutrition, Mandy provides the tools, strategies, and personalized support needed to help others take control of their health and rediscover joy in cooking, movement, and self-care.

About Be Well WITH M

Be Well with M is a holistic wellness platform dedicated to empowering individuals on their health journeys. Mandy's signature approach integrates her "Six Pillars of HealthSM" framework—Eat, Sleep, Move, Think, Connect, and Do—to address every facet of well-being.



Offering personalized coaching, nutrition education, and group workshops, Be Well with M provides practical, sustainable solutions for achieving long-term health goals.

From Kitchen Nutrition lessons to women's hormonal health coaching, Mandy's services are rooted in the belief that small, meaningful changes can create a ripple effect of lasting transformation.

Services Offered

- **Women's Health Coaching:** Comprehensive support for hormonal health, stress management, and overall wellness. Tailored sessions to support specific health concerns and goals.
- **Kitchen Nutrition & Culinary Lessons:** Hands-on guidance to simplify cooking nutritious meals, with personalized meal planning, food prep techniques, and a focus on achieving balance in your diet and lifestyle.
- **Group & Workplace Wellness Workshops:** Customized programs designed to enhance team health, morale, and productivity through practical tools, education, and wellness strategies.
- **Retreat Chef Experiences:** Bespoke, wellness-focused menus crafted by Mandy, combining her expertise as an Executive Chef and certified wellness practitioner to provide meals that inspire connection and rejuvenation.
- **Empowerment Fridays:** A community outreach initiative offering free resources, workshops, and coaching to empower underserved groups with knowledge and tools for improved health and well-being.

Press & Media Features



[The Recipe for Change: Making Healthy Eating Simple, Sustainable, and Delicious](#)

Speaker thoughts & Leadership Topics

- **The Recipe for Change: Making Healthy Eating Simple, Sustainable, and Delicious**
Explore how small, intentional changes in the kitchen can transform the way we eat—making healthy living accessible, enjoyable, and practical for everyone.
- **Grounding Wellness in Real-Life Application: From Retreats to Everyday Habits**
Learn how immersive experiences like wellness retreats and cooking workshops create lasting behavioral shifts, empowering individuals to sustain well-being in daily life.
- **Women's Hormonal Health: Navigating the Journey from Teens to Menopause**
A deep dive into how food, lifestyle changes, and stress management can support women's unique hormonal needs through various life stages.
- **Mindful Eating: Reconnecting with Food to Nourish the Mind and Body**
Discover how mindful practices in the kitchen and at the table can transform your relationship with food, fostering emotional and physical well-being.
- **Balancing Wellness and Entrepreneurship: A Guide for Busy Women**
Actionable strategies for integrating health, movement, and nutrition into demanding schedules, helping high-achieving women thrive in both business and life.
- **From Meal Prep to Food Freedom: Creating Confidence in the Kitchen**
Uncover the secrets to making healthy eating intuitive and stress-free with simple strategies like batch cooking, seasonal ingredient focus, and creative meal planning.
- **The Six Pillars of HealthSM: A Holistic Framework for Lasting Wellness**
Dive into Mandy's signature system that integrates movement, nutrition, mindfulness, and connection to create a balanced, sustainable approach to health and vitality.

Accreditations



INTERNATIONAL
PRACTITIONERS OF
HOLISTIC MEDICINE
Accredited Member



Certifications & Credentials & Experiences

Certified Holistic Nutrition and Lifestyle Coach

Women's Hormonal Health Practitioner

Certified Plant-Based Nutritionist

Culinary and Lifestyle Medicine Practitioner

Certified Sports Nutritionist

Testimonials



Mandy cares deeply about helping people find the path that works best for them to most effectively nourish their bodies and enjoy the art of cooking. This was apparent in the 2 hours deep dive we spent with her, which was highly practical, but also very informative and educational.

— Nick T.



"The quality of Mandy's instruction is excellent. She was funny, presented material in a very easy to digest way, gave us tools and empowered us with info. I wish I had access to this 10 years ago."

— Lisa M.



Partnerships & Collaborations



Luxury Retreats & Boutique Hotels: Partnered with high-end wellness retreats and boutique hotels to craft bespoke, wellness-focused culinary experiences, integrating nutrition education with exceptional, tailored dining for discerning guests.

Wellness Centers & Fitness Studios: Worked with a wellness center and spa empowering participants with actionable strategies for sustainable health, collaborating with a local charity and community center.

Community Empowerment Initiatives: Visit the website for the latest news, resources, and upcoming initiatives such as Empowerment Fridays, providing underserved populations with access to expert-led wellness education and tools for lasting transformation.

Quote from the founder

"Every day is a new opportunity to take control of your health and live your best life. Wellness isn't about perfection - it's about small, daily, intentional changes that support health so you can live your best life.

— Mandy Rosse



Contact

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