
A HOLISTIC APPROACH

Real Holistic Nutrition's empowerment programs help employees to develop and sustain healthy behaviours and well-being. Dedicated to helping businesses create a healthier and happier workplace, Real Holistic Nutrition aims at improving employees lives while achieving better productivity!



Real Holistic Nutrition conference at Swiss Federal Institute of Technology (EPFL) - Lausanne Switzerland

DISRUPTIVE CORPORATE LIFESTYLE PROGRAMS

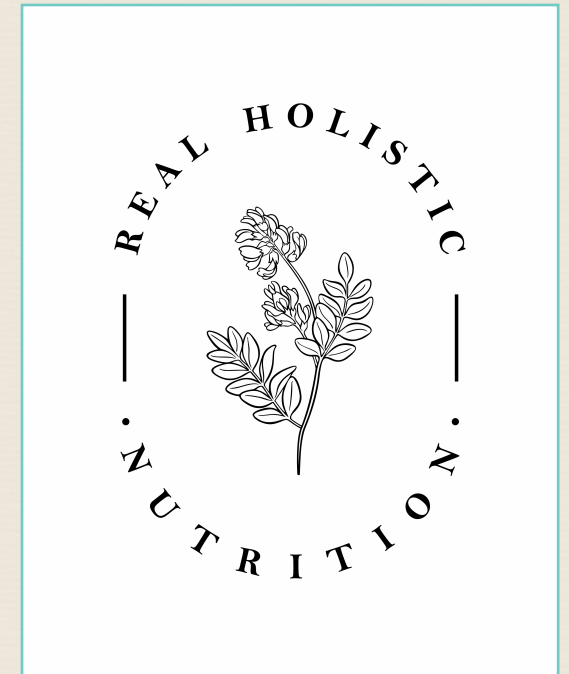
Nutrition
Stress Management
Biohacking
Physical Exercise
Sleep Management
Addiction
Working Environment

Interactive Conferences
Workshops
Culinary Medicine Experiences
Inspirational Story Sharing
Courses and Training
Team Building Retreats

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CORPORATE LIFESTYLE



A Culture of Health to Impact
your Business positively!

Be a Game Changer!
See your productivity rise!



Virginie has spent 15+ years working in start-ups and multinationals in HR across multiple countries. The fast-paced companies she worked for while raising 3 children and remaining active in competitive sports made her aware of the importance of following a healthy lifestyle. Certified Nutritionist from TCMA (School of Alternative Medicine in Geneva, Switzerland) and member of the American College of Lifestyle Medicine, Virginie has also been a speaker at Sankt Gallen University (HSG) at the "The Future of Food" conference, as well as, at the Swiss Federal Institute of Technology (EPFL). Virginie holds a Harvard Medical School attendance Certificate on "Lifestyle Medicine: Nutrition and the Metabolic Syndrome" and "Protein Metabolism and Aging" as well as "Probiotics Use" from Abbott Nutrition Health Institute. In 2019 she founded Real Holistic Nutrition to deliver wellness and stress-management programs in fast-paced organisations.

REAL HOLISTIC NUTRITION

Be a Game Changer!

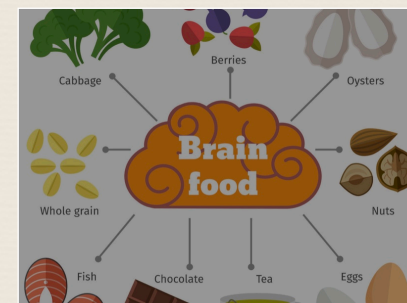
Improve your employee's health and well-being and increase your productivity!
Be the creator of a disruptive virtuous circle and watch your employee's performance rise!

Real Holistic Nutrition offers Monthly Lifestyle Programs of which the top 3 conferences below are part
Please contact us to get your personalised Corporate Lifestyle Program

BRAIN-FOOD AND HOW TO OPTIMISE COGNITIVE FUNCTIONS FOR BETTER PERFORMANCE AT WORK?

60' presentation to up to 25 people including:

45' Talk, 15' Q&A and Take Aways: Goodie bag with Lifestyle Best Practices Brochure and "Brain-Food" recipes as well as a set of "Super-food" items



NUTRITION AND THE IMMUNE SYSTEM AND WHAT ARE THE BEST WAYS TO STAY FIT AND HEALTHY?

60' presentation to up to 25 people including:

45' Talk and 15' Q&A and Take Aways: Goodie bag with Lifestyle Best Practices Brochure and "Immune Boosted" recipes as well as a set of "Super-food" items

70-80% of the body's
immune cells
are found in the gut.

#IMMUNEFUNCTION

GET VITAL FOR GOOD! HOW CAN NUTRITION HELP MANAGE YOUR SLEEP, YOUR ENERGY AND YOUR WEIGHT?

75' Intervention and 15' Q&A and Take Aways: Goodie Bag with Lifestyle Best Practices Brochure and "Vitality" recipes as well as a set of "superfood" items

