

Dear Hiring Manager,

I am a high-energy, experienced professional with an eye for details. I have been living in SEA since December 2007, and in Saigon since August 2014. I have launched and run my own company La Holista Co., Ltd. here in HCMC city and I am now looking for new job opportunities.

I have graduated as FMP and Nutritionist in 2019, Health Coach and Yoga Teacher in 2012 and I love working with health and fitness education. It's a pleasure supporting the clients in their journey to health and I made it my mission in life to help as many people as possible to gain their health back.

I have suffered of Adrenal Fatigue, Neurotransmitters Imbalance, PCOS and Insulin Resistance until I discovered and studied Functional Medicine. Thanks to lifestyle and dietary changes and the correct natural supplementation I regained my vitality and life back, I want to be able to support a company that does the same.

My previous roles as Event Manager at Sprout Lifestyle Shanghai and founder of La Holista Co., Ltd. HK & HCMC included responsibilities like creation of events, managing the event staff / practitioners / bookings, coordinating the details of cooking / yoga classes, farmers markets and charity events, hiring and training new staff, making budgets, booking venues, setting up decorations, and organizing or making catering. I also took care of the marketing and promotional parts of the event, from writing the description to doing the social media and media promotion pre-event, and recap videos and newsletter afterwards.

This all in addition to health coaching and functional medicine.

I have given a [TEDx Talk in December 2018 in Vietnam](#) related to Neurotransmitters and Gut Health. I also had the honor of [interviewing Dr. Michael Greger](#) in August 2020.

All this gave me valuable experiences in all of the areas of running projects successfully and to be detailed oriented.

Thank you for your time and consideration of my profile.

Chiara Squinzi Pellizzon

