



CHIARA SQUINZI PELLIZZON

HEALTH & WELLNESS

CAREER GOALS

Supporting patients and corporations on their journey to health and wellness.
Impacting the community and bringing awareness and education on the importance of preventive medicine and holistic lifestyle.

QUALIFICATIONS

- ✓ Functional Medicine Practitioner®
- ✓ Certified Health Coach
- ✓ Certified Vegan Nutritionist
- ✓ Certified Ashtanga Yoga Teacher
- ✓ Translator & Interpreter (EN/CH)
- ✓ Legal Affair / HR / Accounting Expert
- ✓ Food Photographer
- ✓ Public Speaker

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ACADEMIC HISTORY

Medicine & Nutrition Studies

- Functional Medicine Practitioner - FMU (2019)
- Vegan Nutritionist - Centre of Excellence (2019)
- Food Photographer - Minimalist Baker (2014)
- Health Coach - IIN (2012)

University & High School

- Translator & Interpreter (English / Mandarin) - Venice University "Ca Foscari" (2004 - 2007)
- IT Expert - Information Technology Technical College "Primo Levi" (1999 - 2004)

CAREER HISTORY

La Holista Co., Ltd. (2012 - Present)

Founder, CEO & Practitioner

- Creation of all wholesome food & beverage recipes
- Organisation of holistic fairs & farmers markets
- Organisation of workshops, classes & hiking days
- Organisation of retreats
- Functional medicine services
- Health Coaching & Corporate Wellness
- Marketing & Social Media
- Community Manager

Sprout Lifestyle Shanghai (2012 - 2014)

Practitioner, Events, Marketing, PR & Café Manager

- Client liaison
- Health Coaching
- Events organisation & facilitation
- Marketing & Social Media
- Photography
- Creation of healthy sugar / gluten-free foods

C&A Advisors Shanghai (2007 - 2014)

Head of the Legal Affair Department
Co-Manager of HR & Accounting Departments

- Legal activities related to companies and representative offices establishment / modifications / liquidation
- HR activities related to the drafting and revision of contracts, visa obtainment
- Accounting consulting activities and problem solving

PERSONAL ACHIEVEMENTS

- ★ Interviewing Dr. Michael Greger (2020)
- ★ TedX Hanoi Speaker (2018)
- ★ Publisher of Nourishing Weight Loss (2015)
- ★ Founder of Puxi Run Running Shanghai (2013)
- ★ 3rd @ 'I, Eye, Ai Shanghai' Photo Contest (2011)