



SQUARE TABLE ON EXPAT WOMEN CAREERS

THE HEALTH COACH

*An initiative of the Career Mentoring Group
of Expaticlic*

Tuesday 24th November 18:00 CET

With: Francesca Deane, Giulia
Sartori and Vanessa Vajana





Francesca Deane is an health and mindset coach, founder of Healthy Busy Life, a mindset and lifestyle transformation journey to help high-achieving busy women fit a healthy lifestyle into their busy schedules. Francesca currently lives in New York where she helps busy women around the world streamline and enhance their routines and achieve the energy, mental focus and confidence they need to move their health, life and career to the next level.

Giulia Sartori is an Oxford University graduate specialized in Environmental Management. After working for international organizations in management of environmental issues in London and China, she completely changed her career direction by becoming an health choach and founding Mia Chia Snacks, a business of healthy snacks that she produces and commercialises in Indonesia.



Vanessa Vajana is a qualified coach and a practitioner of NLP based in the UK. Vanessa coaches people living with chronic pain and/or long-term health conditions, work through the effects that their health condition has on their lives. This helps them be better equipped in managing themselves (both physically and emotionally) and their relationships with others.