



## Wake up healthy! 3 transformational sessions

### Healthy Eating Basics

1

What healthy eating is  
Common challenges and tips for eating healthy at the office  
How to read food labels and choose the best products at the supermarket  
Easy recipes and office meals

### Stress and Diet

2

What is stress and stress related symptoms  
Nutrition strategies to help them cope with stress  
The right diet and supplements that will relieve stress and increase productivity at work

### Better Energy and Concentration

3

How food affects energy levels  
How to optimize concentration and energy level throughout the whole working day  
Foods that energize and foods that contribute to low energy

#### Dates in 2018

**26 March | 8:30-10:00**  
**Healthy Eating Basics**

**2 April | 8:30-10:00**  
**Stress and Diet**

**23 April | 8:30-10:00**  
**Better Energy and Concentration**

#### Our lecturer



Velina Hristova is a certified health coach from the Institute of Integrative Nutrition, New York. She gained her professional and educational experience in Germany, the Netherlands and Lisbon. Currently, she is a PHD candidate in Psychological Assessment and Experimental Psychology. Her topic of research is Nutritional Psychology.

<b>Venue</b>	PwC's Academy premises, 7 <sup>th</sup> floor, Blvd. Maria Luisa 9-11, Sofia
<b>Duration</b>	1h 30 min + Q A
<b>Package price</b>	145 BGN (VAT incl.) for 3 sessions
<b>Language</b>	Bulgarian/English

**Registration at [pwcacademy.bulgaria@pwc.com](mailto:pwcacademy.bulgaria@pwc.com) and/or +359 2 9355 361**

# List of tailored in-house training courses

## *Technical Topics:*

Customized Mini MBA Programme  
 Project Management  
 IFRS and TAX Update  
 ACCA: Foundations in Accountancy (FIA)  
 Finance for Non-Finance Professionals  
 Corporate Governance Made Simple  
 Internal Audit

## *Leadership and Business Effectiveness Skills Topics:*

The Shaolin Way – 1 day Business Courses  
 The Shaolin Talks – 3 hour Sessions  
 Foundations in Management  
 Leading People Effectively – Advanced Management Skills  
 Presentation and Influencing Skills  
 Multicultural Differences  
 Customer Service Excellence  
 Women in Business and Their Challenges  
 Sales and Negotiation Skills for Bankers  
 Contemporary People Management – Key Trends and Multi-generational Teams



***Let's continue the conversation for our training solutions:***

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