



COMPLETE CATALOGUE

Complete Lecture & Service Catalogue

*Evidence-based talks and programmes integrating nutrition, psychology,
and behaviour change.*

ENGLISH

Top 7 Services That Companies Actually Book

Each available as a standalone session or integrated into a broader programme. All available in English and Italian.

Service	Duration	Discipline	Why It Sells
Stress Management 1	1h 15min	Psychology / MBSR	Universal need. Every company has stressed employees.
Sleep: The Hidden Influence 2	1h 30min – 2h	Sleep Science	Direct productivity impact. Also as 30-min teen Q&A.
Mindful & Intuitive Eating 3	1h 15min	Nutrition & Psychology	Nutrition + psychology + mindfulness combined.
Corporate Wellness That Actually Works 4	45–90 min	Signature Keynote	Opens doors to 3–6 month programmes.
False Myth Buster 5	1h 15min	General Wellness	High energy. Perfect first contact with new companies.
Winter Wellness: Immune System 6	1h – 1h 30min	Seasonal Health	CFO-friendly. Reduces sick days.
Guest Speaker for Offsites 7	Flexible	Premium Service	You plan the retreat. I bring the science.

Complete Lecture Catalogue by Category

24+ talks organized by discipline. All available in English and Italian. Durations approximate and adaptable.

NUTRITION

Title	Duration	Audience / Notes
Mindful & Intuitive Eating TOP 3	1h 15min	Stress-driven eating, emotional patterns, workplace nutrition
Nutritional Facts for Athletes: Basics	1h 30min	Sport nutrition, performance-focused teams
Lifetime Body Composition	1h 30min	Body composition, metabolic health, athletes
Mediterranean Diet & Neurogastronomy	10–20 min	Culture, food neuroscience, keynote opener
Novel Foods & Nutrition Innovation	1h 30min	Future of food, science, innovation
Nutrition for Performance NEW	1h – 1h 30min	Energy, focus, high-performance teams

PSYCHOLOGY

Title	Duration	Audience / Notes
Stress Management TOP 1	1h 15min	MBSR-based, workplace stress, all-hands
Food for the Soul: Happiness & Food (full)	1h 15min	Wellbeing, psychology of eating, deep session
Food for the Soul: Happiness & Food (short)	10–20 min	Keynote opener, wellbeing
Attachment Style: The Hidden Key to Our Relationships NEW	1h – 1h 30min	Understanding how early experiences shape love, friendship, family, and self-relationship
Conflict Is Not the Problem: Learning to Fight Well NEW	1h – 1h 30min	Recognising conflict patterns, practical tools for effective communication, transforming conflict into growth

WELLNESS

Title	Duration	Audience / Notes
Sleep: The Hidden Influence TOP 2	1h 30min – 2h	Leadership retreats, performance teams, frequent travellers
Sleep: Hidden Influence for Teens (Q&A)	30 min	Schools, adolescent health
False Myth Buster TOP 5	1h 15min	Broad audience, high engagement, first contact
Winter Wellness: Immune System TOP 6	1h – 1h 30min	September–November, seasonal health
Vaccines & Supplements: Myths & Truths	1h – 1h 30min	Evidence-based medicine, clinical
Understanding Allergies	1h – 1h 30min	Diagnostics, management
Food Intolerances: Evidence-Based Approaches	1h – 1h 30min	Diagnosis, treatment, clinical

Longevity & Prevention NEW	1h – 1h 30min	Proactive health, longevity science
Psychobiology of Beauty	2h	Neuroscience, aesthetics, can be shortened
Radiant Locks & Strong Nails	1h 30min – 2h	Hair & nail nutrition
Inner Wellness, Outer Glow: Microbiota	2h	Gut-skin axis
Path for a Vibrant Skin Through Nutrition	1h 30min	Skin nutrition
Legs' Health: Water Retention & Cellulite	1h 30min	Body aesthetics

Corporate Services

Four service categories plus premium offerings. Every programme customised to your organization.

CORPORATE

Service	Format	What's Included
Corporate Wellness Programmes	3–6 months	Monthly workshops + individual consultations + wellbeing assessments + executive sessions + HR reporting and evaluation
Executive & Leadership Support	One-to-one	Confidential programmes for senior leaders. Energy, resilience, stress regulation, sleep, nutrition, sustainable performance.
Workshops & Keynotes	60–120 min / 45–90 min	Retreats, conferences, wellness initiatives, women's health events. Italian and English.
Strategic HR Consulting	Project-based	Programme design + employee health strategy + food environment + stress management + international workforce wellbeing
Canteen Menu Consultation NEW	Project	Design healthy, balanced canteen menus aligned with nutritional science and employee health goals.
Canteen Walk-Along Support NEW	On-site	I join employees in the canteen and support them in making the right food choices for their individual needs, in real time.
MBSR 8-Week Programme GOLD	8 weeks	Gold standard for stress reduction. Weekly 90-min sessions, daily practice, pre/post assessment.
Guest Speaker for Offsites PREMIUM	Flexible	Keynote (45–60 min) + Workshop (90–120 min) + 1-to-1 (30 min) + Half-Day (3–4h). Italy & Europe.

Custom talks available: All topics can be adapted or combined to meet your organization's specific needs, culture, and objectives. Custom talks created upon request.

How We Work

- 1 Discovery Call**
A short conversation to understand your organization, objectives, and challenges.
- 2 Custom Programme Design**
A tailored proposal including goals, timeline, delivery format, and evaluation metrics.
- 3 Delivery**
Workshops, consultations, leadership sessions, and ongoing support.
- 4 Review & Optimization**
Assessment of outcomes and recommendations for future development.

CATALOGO COMPLETO

Catalogo Lezioni e Servizi

Talk e programmi basati sull'evidenza che integrano nutrizione, psicologia e cambiamento comportamentale.

ITALIANO

Top 7 Servizi Più Richiesti dalle Aziende

Ogni servizio disponibile singolarmente o integrato in un programma più ampio. Disponibili in italiano e inglese.

Servizio	Durata	Disciplina	Perché Funziona
Stress Management 1	1h 15min	Psicologia / MBSR	Bisogno universale. Ogni azienda ha dipendenti stressati.
Sleep: L'Influenza Nascosta 2	1h 30min – 2h	Scienza del Sonno	Impatto diretto sulla produttività. Anche come Q&A 30 min per teen.
Mindful & Intuitive Eating 3	1h 15min	Nutrizione e Psicologia	Nutrizione + psicologia + mindfulness combinati.
Corporate Wellness That Actually Works 4	45–90 min	Keynote Signature	Aprire le porte a programmi di 3–6 mesi.
False Myth Buster 5	1h 15min	Wellness Generale	Alto coinvolgimento. Perfetto primo contatto.
Winter Wellness: Sistema Immunitario 6	1h – 1h 30min	Salute Stagionale	CFO-friendly. Riduce i giorni di malattia.
Guest Speaker per Offsite 7	Flessibile	Servizio Premium	Tu organizzi il retreat. Io porto la scienza.

Catalogo Completo per Categoria

24+ talk organizzati per disciplina. Tutti disponibili in italiano e inglese. Durate indicative e adattabili.

NUTRIZIONE

Titolo	Durata	Pubblico / Note
Mindful & Intuitive Eating TOP 3	1h 15min	Alimentazione emotiva, stress, nutrizione aziendale
Nutritional Facts for Athletes: Basics	1h 30min	Nutrizione sportiva, team performance
Lifetime Body Composition	1h 30min	Composizione corporea, salute metabolica
Mediterranean Diet & Neurogastronomy	10–20 min	Cultura, neuroscienza del cibo, keynote opener
Novel Foods & Nutrition Innovation	1h 30min	Future of food, scienza, innovazione
Nutrition for Performance NEW	1h – 1h 30min	Energia, focus, team ad alta performance

PSICOLOGIA

Titolo	Durata	Pubblico / Note
Stress Management TOP 1	1h 15min	MBSR-based, stress lavorativo, all-hands
Food for the Soul: Happiness & Food (full)	1h 15min	Benessere, psicologia dell'alimentazione
Food for the Soul: Happiness & Food (short)	10–20 min	Keynote opener, benessere
Lo Stile di Attaccamento: La Chiave Nascosta delle Nostre Relazioni NEW	1h – 1h 30min	Capire come le esperienze affettive precoci influenzino amore, amicizia, famiglia e rapporto con sé stessi
Il Conflitto Non è il Problema: Imparare a Litigare Bene NEW	1h – 1h 30min	Riconoscere gli automatismi nelle discussioni, strumenti pratici per comunicare, trasformare il conflitto in crescita

BENESSERE

Titolo	Durata	Pubblico / Note
Sleep: L'Influenza Nascosta TOP 2	1h 30min – 2h	Retreat leadership, team performance, frequent travellers
Sleep: Influenza Nascosta per Teen (Q&A)	30 min	Scuole, salute adolescenziale
False Myth Buster TOP 5	1h 15min	Pubblico ampio, alto coinvolgimento, primo contatto
Winter Wellness: Sistema Immunitario TOP 6	1h – 1h 30min	Settembre–Novembre, salute stagionale
Vaccini & Integratori: Miti e Verità	1h – 1h 30min	Medicina basata sull'evidenza
Understanding Allergies	1h – 1h 30min	Diagnostica, gestione

Intolleranze Alimentari: Approcci Basati sull'Evidenza	1h – 1h 30min	Diagnosi, trattamento
Longevità & Prevenzione NEW	1h – 1h 30min	Salute proattiva, scienza della longevità
Psicobiologia della Bellezza	2h	Neuroscienza, estetica, riducibile
Radiant Locks & Strong Nails	1h 30min – 2h	Nutrizione per capelli e unghie
Inner Wellness, Outer Glow: Microbiota	2h	Asse intestino-pelle
Path for a Vibrant Skin Through Nutrition	1h 30min	Nutrizione per la pelle
Legs' Health: Ritenzione Idrica & Cellulite	1h 30min	Estetica corporea

Servizi Corporate

Quattro categorie di servizio più offerte premium. Ogni programma personalizzato per l'organizzazione.

CORPORATE

Servizio	Formato	Cosa Include
Corporate Wellness Programmes	3-6 mesi	Workshop mensili + consulenze individuali + assessment benessere + sessioni executive + reporting HR
Executive & Leadership Support	One-to-one	Programmi confidenziali per senior leader. Energia, resilienza, stress, sonno, nutrizione, performance.
Workshops & Keynote	60-120 min / 45-90 min	Retreat, conferenze, iniziative wellness, eventi women's health. Italiano e inglese.
Strategic HR Consulting	Project-based	Design programmi benessere + strategia salute dipendenti + ambiente alimentare + stress + workforce internazionale
Consulenza Menu Mensa NEW	Progetto	Progettazione di menu mensa sani ed equilibrati, allineati con la scienza nutrizionale e gli obiettivi di salute dei dipendenti.
Accompagnamento in Mensa NEW	On-site	Mi unisco ai dipendenti in mensa e li supporto nella scelta dei piatti più adatti ai loro bisogni individuali, in tempo reale.
Programma MBSR 8 Settimane GOLD	8 settimane	Gold standard per riduzione dello stress. Sessioni 90 min settimanali, pratica quotidiana, assessment pre/post.
Guest Speaker per Offsite PREMIUM	Flessibile	Keynote (45-60 min) + Workshop (90-120 min) + 1-to-1 (30 min) + Mezza Giornata (3-4h). Italia e Europa.

Talk personalizzati disponibili: Tutti i temi possono essere adattati o combinati per rispondere alle esigenze specifiche della tua organizzazione. Talk su misura creati su richiesta.

Come Lavoriamo

1 Discovery Call

Una breve conversazione per capire la tua organizzazione, obiettivi e sfide.

2 Progettazione Programma

Una proposta su misura con obiettivi, timeline, formato e metriche di valutazione.

3 Consegna

Workshop, consulenze, sessioni leadership e supporto continuo.

4 Review & Ottimizzazione

Valutazione dei risultati e raccomandazioni per il futuro.

Contact / Contatto

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WEBSITE

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LANGUAGES / LINGUE

English · Italiano

LOCATIONS

Varese, Italy · Shanghai · Online · On-site

All talks available in English and Italian / Tutti i talk disponibili in italiano e inglese · Custom topics upon request / Topic personalizzati su richiesta · VAT: 04133680126