

CURRICULUM VITAE



PERSONAL INFORMATION

Name **FRANCESCA NOLI**

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Fax Number

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Website <http://francescanoli.com>

Nationality Italian

WORK EXPERIENCE

- Dates (from - to) FROM 1993 TO DATE
- Employer's name and address **CONSULTING ROOM** located in Via Campo Garibaldi, 1 - **COMO**
- Main tasks and responsibilities Freelance nutrition consulting

- Dates (from - to) FROM APRIL 2002 TO DATE
- Employer's name and address **CONSULTING ROOM** located in Via De Amicis, 26 - **MILAN**
- Main tasks and responsibilities Freelance nutrition consulting

- Dates (from - to) FROM APRIL 2002 TO DATE
- Employer's name and address **CONSULTING ROOM** located in Via Milano, 12 – **APIANO GENTILE**
- Main tasks and responsibilities Freelance nutrition consulting

- Dates (from – to) FROM 2000 TO THE END OF 2011
- Employer's name and address VALDUCE HOSPITAL IN COMO
- Kind of job **OUTPATIENT'S DIET DEPARTMENT**
- Main tasks and responsibilities Freelance nutrition consulting for out-patients

- Dates (from – to) FROM 1997 TO THE END OF 2010
 - Employer's name and address VALDUCE HOSPITAL IN COMO
 - Kind of job FOOD EDUCATION for **PREGNANT WOMEN**
 - Main tasks and responsibilities Spokesperson of the delivery preparation course

- Dates (from – to) FROM 1998 TO THE END OF 2003
 - Employer's name and address VALDUCE HOSPITAL IN COMO
 - Kind of job FOOD EDUCATION FOR **WOMEN IN MENOPAUSE**
 - Main tasks and responsibilities SPOKESPERSON AT THE MEETINGS WITH WOMEN IN PRE-MENOPAUSE

- Dates (from – to) FROM 2001 TO 2009
 - Employer's name and address VALDUCE HOSPITAL IN COMO
 - Kind of job ORGANIZATION AND ACCOMPLISHMENT OF **OBESITY DAY** (AN INITIATIVE OF **ADI**, DIETETICS AND CLINICAL NUTRITION ASSOCIATION)
 - Main tasks and responsibilities Reference person for the organization and accomplishment of Obesity Day

- Dates (from – to) FROM JUNE 2009 TO THE END OF 2010
 - Employer's name and address **KEEP FIT CLUB** located in Via dei Lauri – **VACALLO (CH)**
 - Main tasks and responsibilities Freelance nutrition consulting

- Dates (from – to) FROM 2009 TO DATE
 - Employer's name and address LABNEXT AGENCY
 - Main tasks and responsibilities Expert nutritionist for the **DANONE ACTIVIA PROGRAMME**. Material wording and supervision. Reference expert nutritionist answering questions asked by the participants to the programme. Event with bloggers.

- Dates (from – to) FROM 2009 TO DATE
 - Employer's name and address CONTENTPRO AGENCY
 - Main tasks and responsibilities Expert Nutritionist for **DESIDERIMAGAZINE PORTAL**. Writing of articles for the web site and for *Desideri magazine*.
<http://www.desiderimagazine.it/>

- Dates (from – to) FROM 2011 TO DATE
 - Main tasks and responsibilities Expert Nutritionist for **LEIWEB PORTAL**. Writing of articles for the web site. Health and well-being – Eating consciously page.
<http://www.mangiarebene.com/>

- Dates (from – to) FROM 2001 TO DATE
 - Employer's name and address **BELLEZZA.IT PORTAL** www.bellezza.it

- Main tasks and responsibilities

Reference Expert for nutrition. Online consulting.

- Dates (from – to)
 - Employer's name and address
 - Main tasks and responsibilities

FROM 2010
EASYBABY web site – <http://www.easybaby.it>
Reference Expert for nutrition. Online consulting.

- Dates (from – to)
 - Main tasks and responsibilities

16TH – 17TH APRIL 2010
Update Seminar for Biologists and Nutritionists
Education-nutrition intervention programme: comparison of two points of view

- Dates (from – to)
 - Employer's name and address
 - Kind of job

FROM 2005 TO DATE
Biologists National Association, Puglia's Environmentalist Biologists Association (ABAP)
Teacher of Master in Human Food and Nutrition for Biologists and Doctors
Vicenza: 7th October 2005 and 13th May 2006; Bari: 18th – 19th September 2009, 14th – 15th May 2010, 21st – 22nd January 2011, 2nd – 3rd December 2011

- Dates (from – to)
 - Employer's name and address
 - Main tasks and responsibilities

28TH MAY 2010
LUGANO L.U. de.S. UNIVERSITY – Department of Medical Sciences – 2nd Year – Bachelor of Science in Physiotherapy
Teacher at a Seminar of Food Biochemistry

- Dates (from – to)
 - Employer's name and address
 - Main tasks and responsibilities

24TH NOVEMBER 2012
FOOD AND HEALTH OPEN FORUM - MILAN
Spokesperson for: an educational and behavioural approach to the weight question

- Dates (from – to)
 - Employer's name and address
 - Main tasks and responsibilities

11TH DECEMBER 2012
BECK INSTITUTE - ROME
Resilience: a cognitive and behavioural approach

- Dates (from – to)
 - Employer's name and address
 - Main tasks and responsibilities

8TH FEBRUARY 2013
BECK INSTITUTE - PHILADELPHIA
Beck diet solution Workshop. A cognitive behavioural approach to weight loss and maintenance

- Dates (from – to)
 - Employer's name and address
 - Main tasks and responsibilities

16TH FEBRUARY 2013
AIDAP - MILAN
A cognitive and behavioural therapy for lifestyle modification

- Dates (from – to)

18TH APRIL 2013

- Employer's name and address
 - Main tasks and responsibilities

- Dates (from – to)
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MILAN

Nutrimi – 7th International Forum of Practical Nutrition

BICOCCA UNIVERSITY - MILAN

Collaboration with Loris Mazzagatti (see Project)

2012

BABOOK SITE

Collaboration as an expert nutritionist

NOVEMBER – JUNE 2011-2012 AND 2012-2013 (ON TUESDAYS)

TOP GUSTO TV

Expert nutritionist for the programme “Milano con gusto”

2009

MAGNOLIA PRODUCTIONS

Expert Nutritionist in the **TV PROGRAMME** “CAMBIO VITA... MI SPOSO!” for SKY ONE (12 EPISODES) FROM 12TH MAY 2009

FROM 2013

ESPANSIONE TV

Expert Nutritionist in the TV programme “Angoli”

FROM 2009 TO DATE

CLASS – CNBC TV

Expert Nutritionist in different **TV PROGRAMMES**

2011

LABOCOS PROCTER & GAMBLE COMPANY

Expert Nutritionist at **OLAZ** event on 22nd September 2011 in MILAN

FROM 2008 TO 2009

LABOCOS PROCTER & GAMBLE COMPANY

Expert Nutritionist at **WELLA** events on 27th October 2008 in MILAN and on 18th May 2009 in ROME

FROM 2008 TO DATE (ON THE MARKET SINCE 22ND MAY 2009)

505 GAMES (NINTENDO DS AND NINTENDO WII)

- Main tasks and responsibilities

NUTRITIONAL PLANNING AND CONSULTING of the videogame *NUTRITION MATTERS* in the Mind, Body, Soul area for NINTENDO DS: versions for Italy (*Tutti in forma!*), UK (*Nutrition Matters*), Germany (*Ernährung ist wichtig*), France (*Nutrition*) and Spain (*Cuida lo que comes*).

NUTRITIONAL PLANNING AND CONSULTING of the videogame *NUTRITION MATTERS* in the Mind, Body, Soul area for NINTENDO WII: versions for Italy (*Tutti in forma!*), UK (*Nutrition Matters*), Germany (*Ernährung ist wichtig*), France (*Nutrition*) and Spain (*Cuida lo que comes*).

- Dates (from – to) 2012
 - Employer’s name and address CONTENTPRO AGENCY
 - Kind of job Collaboration to WEB PAGES setting up. **Test** on hydration – **LIPTON TEA**

- Dates (from – to) 2008
 - Employer’s name and address CONTENTPRO AGENCY
 - Kind of job COLLABORATION TO WEB PAGES SETTING UP FOR “FREE FOR NATURE” LINE BISCUITS. **TEST: LESS FATS AND LESS SALT - BARILLA**

- Dates (from – to) FROM 1989 TO DATE
 - Employer’s name and address MILAN-VARESE-COMO-LECCO PROVINCIAL ADMINISTRATION
 - Main tasks and responsibilities **MEETINGS AND COURSES ABOUT FOOD AND TASTE EDUCATION** FOR STUDENTS, TEACHERS, POPULATION GROUPS AND SUB-GROUPS. AGRICULTURE AND FOOD OFFICE FOR STUDENTS AND TEACHERS.

- Dates (from – to) FROM 1991 TO 2001
 - Employer’s name and address COMO HEALTH UNIT
 - Kind of job Consultant and then, temporarily, employee for health education projects, SIAN component and later **Nutrition Hygiene Functional Area Manager** (9th level).
Freelance in Diet Surgery at the same Health Unit.

- Dates (from – to) FROM 1993 TO 1994
 - Employer’s name and address TEACHER OF GENERAL CHEMISTRY AT “LIVERANI” NURSE SCHOOL IN TRADATE

- Dates (from – to) FROM 1992
 - Employer’s name and address “COMO CUORE”, “DONNA VERA” AND “OCTOPUS” ASSOCIATIONS
 - Kind of job Processing of informative material, educational speeches and nutritional consulting.

- Dates (from – to) FROM 1990 TO DATE
 - Employer’s name and address **CONSULTING** to public and private bodies for food education speeches and processing of diet tables for public canteens.

- Dates (from – to) FROM 1986 TO 1987
 - Employer’s name and address State University of New York At Purchase
Neuroimmunology research laboratories

- Kind of job COORDINATOR OF RESEARCH ACTIVITIES

- Dates (from – to) FROM 1995
- Employer's name and address HEALTH UNIT; COMPANY GSI (CAMST GROUP)
- Main tasks and responsibilities **TRAINING COURSES FOR WORKERS IN THE FOOD INDUSTRY:** basic course and updating course on hygiene and health aspects.

- Dates (from – to) FROM 2006
- Employer's name and address GSI CATERING
- Main tasks and responsibilities **DIET TABLES PROCESSING,** basic and updating courses for workers in the food industry.

- Dates (from – to) FROM 2001 TO 2002
- Employer's name and address "ALTROCONSUMO" MAGAZINE
- Kind of job Nutritional evaluation of school canteens diet tables

- Dates (from – to) FROM 2001 TO DATE
- Employer's name and address **ARTICLES AND COLUMNS IN NEWSPAPERS AND MAGAZINES,** among which "Top Girl" (Fast Food column), "Corriere di Como" (Food and Similar column), "As you are" (Nutrition column) and "You" (Food column).
- Kind of job Articles for monthly publications of publishing services

EDUCATION AND TRAINING

- Dates (from – to) FROM 1975 TO 1980
- Name and type of school or training institute A.Volta Classical Secondary School - COMO
- Title obtained Classical school-leaving examination mark: 52/60

- Dates (from – to) FROM 1980 TO 1984
- Name and type of school or training institute Milan State University – Faculty of Mathematics, Physics and Natural Sciences – Degree in Biological Sciences – Student number: 238592
- Title obtained **Doctor in Biological Sciences** (Mark: 110/110) with experimental thesis at the Institute of Organic Chemistry of the Milan State University

- Dates (from – to) FROM 1984 TO 1986
- Name and type of school or training institute Milan State University – Faculty of Mathematics, Physics and Natural Sciences
- Title obtained Training and state examination qualifying as a biologist – Enrolment in the Register of the Association of Biologists from 1986 (15th June 2000 – no. 050013)

- Dates (from – to) 1986
- Name and type of school or training institute Manhattanville College at Purchase (NY)
ELI (English Language Institute)
- Title obtained 7 weeks full time specialization course – Level 8/8 – TOEFL examination

- Dates (from – to) FROM 1986 TO 1987
- Name and type of school or training institute State University of New York College at Purchase

- Title obtained BASIC language programming course (mark: A+)

- Dates (from – to) FROM 1986 TO 1987
- Name and type of school or training institute State University of New York College at Purchase
Laboratories of Neuroimmunology (Dr Curtis Williams)
- Title obtained Research stage and final report on “Role of anaphylatoxins as catecholamine releasers in the rat brain”

- Dates (from – to) FROM 1989 TO 1993
- Name and type of school or training institute Milan State University – Food Science Specialization School
- Title obtained **Certificate of Specialization in Food Science** – General Nutrition (Mark: 70/70 cum laude) – 9th November 1993
Training: 400 hours a year for 2 years at Diabetology Day Hospital at Sant’Anna Hospital in Como + 400 hours a year for 2 years at USSL 11 Basic Medical Service in Como
Thesis: “Children’s obesity primary and secondary prevention”

- Dates (from – to) FROM 1994 TO 1995
- Name and type of school or training institute FRENCH LANGUAGE COURSE (ADVANCED LEVEL)
- Title obtained QUALIFICATION

- Dates (from – to) FROM 1995 TO 1998
- Name and type of school or training institute Milan State University – Hygiene Specialization School
- Title obtained **Certificate of Specialization in Hygiene** – Public Health Laboratory Stance (Mark: 70/70) – 15th July 1998
Thesis: “School catering: the experience of the Como Local Health Unit in the implementation of a system for the control of nutrition, hygiene and health aspects”.

- Dates (from – to) FROM 2006 TO 2007
- Name and type of school or training institute **Freelance Journalist**: registration in the Freelance Journalists Association (from 20th March 2007 – Journalists Register no. 129869) after training with a two-year experience as collaborator with “Corriere di Como” and “Espansione TV” in Como.

- Dates (from – to) FROM 1986 TO DATE
- Name and type of school or training institute Participation, also as a Spokesperson, to various Courses and Meetings (the main ones are listed here below, while the complete list is attached).

- Dates (from - to) 4th NOVEMBER 1995: DIDASCO - VERONA
- Name and type of school or training institute UPDATING COURSE: “THE REASONABLE WEIGHT”

- Dates (from – to) JULY 2001
- Name and type of school or training institute MASTER IN PAEDIATRIC NUTRITION

- Dates (from – to) 23TH and 24TH SEPTEMBER 2004 – CALINO (BS) – ADI COURSE

- Name and type of school or training institute "DIETETICS BY VOLUMES IN NUTRITIONAL SUPERVISION, IN FOOD EDUCATION AND IN PREVENTIVE DIETETICS FOR INDIVIDUALS AND FOR GROUPS".
- Dates (from – to) 5TH AND 6TH OCTOBER 2004 – DIDASCO TRAINING - MILAN
- Name and type of school or training institute COURSE: "WHICH FOOD EDUCATION?"
- Dates (from – to) 18TH OCTOBER 2006 – ADI CONGRESS - VICENZA
- Name and type of school or training institute OBESITY DAY WORKSHOP
- Dates (from – to) 21ST FEBRURAY 2007 – EDRA - MILAN
- Name and type of school or training institute A THEORETICAL AND PRACTICAL COURSE ON OVERWEIGHT SURGERY SUPERVISION
- Dates (from – to) 9TH MAY 2007 – EDRA - MILAN
- Name and type of school or training institute DIETETICS APPLIED TO SURGERY PRACTICE
- Dates (from – to) 2002, 2004, 2006, 2008 AND 2010 - MILAN
- Name and type of school or training institute MILAN PAEDIATRICS
- Dates (from – to) 2007, 2009, 2010 AND 2011 - MILAN
- Name and type of school or training institute "NUTRIMI" – PRACTICAL NUTRITION DAYS

**PERSONAL SKILLS AND
COMPETENCES**

MOTHER TONGUE

OTHER LANGUAGES

- Reading ability
- Writing ability
- Oral expression ability

RELATION SKILLS AND
COMPETENCES

To live and to work with other people, in a multicultural environment, doing jobs where communication is important and in situations where it is essential to work in team (i.e. culture and sports), etc.

SKILLS AND ORGANIZATIONAL
COMPETENCES

I.e.: coordination and administration of people, projects and balances at work, in voluntary associations (i.e.: culture and sports), at home, etc.

TECHNICAL SKILLS AND
COMPETENCES

With computers, specific equipments, machinery, etc.

OTHER SKILLS AND
COMPETENCES

Competences not indicated previously

ITALIAN

ENGLISH

EXCELLENT
EXCELLENT
EXCELLENT

FRENCH

GOOD
BASIC
BASIC

SPANISH

GOOD
BASIC
BASIC

FROM 1986 TO DATE I HAVE BEEN LIVING IN USA (IN PARTICULAR IN NEW YORK) FOR 6-8 WEEKS A YEAR, HAVING THUS THE OPPORTUNITY TO EXCHANGE PROFESSIONAL EXPERIENCES AND TO DEVELOP FRIENDSHIP RELATIONS WITH AMERICANS AND PEOPLE OF DIFFERENT NATIONALITIES. FRIENDSHIP AND MEETING WITH PEOPLE LIVING AND WORKING IN DIFFERENT COUNTRIES.

PROJECT AND IMPLEMENTATION OF FOOD INFORMATION AND EDUCATION, EDUCATION TO TASTE AND FOOD HYGIENE SPEECHES.

FROM 1986 TO 1987: **STATE UNIVERSITY OF NEW YORK AT PURCHASE** - SUPERVISION OF RESEARCH WORK AT NEUROIMMUNOLOGY LABORATORY.

FROM 1992 TO 2000: CONSULTANT AND THEN TEMPORARILY EMPLOYED BY THE **LOCAL HEALTH UNIT IN COMO** (AS A 9TH LEVEL MANAGER) AND THEN EXPERT OF THE FOOD HYGIENE FUNCTIONAL AREA WITH TASKS OF COORDINATION OF OTHER FUNCTIONS.

AS A MEMBER OF THE LOMBARDY REGION ADI COMMITTEE, I HAVE BEEN PART OF SUCH GROUPS AS "HEALTH AND FOOD EDUCATION" AND "NUTRITIONAL SUPERVISION" AND I AM NOW A COORDINATOR OF THE GROUP "SCHOOL PROJECTS" AND A MEMBER OF THE GROUP "COMMUNICATION" AND "SCHOOL CATERING".

FROM 2005 TO 2008 I HAVE BEEN COLLABORATING WITH DONNA VERA, AN ASSOCIATION DEALING WITH VARIOUS PROJECTS CONCERNING PREVENTION. I ALSO COOPERATE WITH THE NOVACARITAS FOUNDATION, DEALING WITH PROJECTS CONCERNING CHILDREN AND WOMEN HAVING DIFFICULTIES IN SOUTHERN AMERICAN COUNTRIES.

I DAILY USE **MICROSOFT OFFICE** AND ITS MAIN APPLICATIONS. I HAVE AN EXPERIENCE IN BIBLIOGRAPHICAL RESEARCH IN SCIENTIFIC MAGAZINES (BOTH ON PAPER AND ONLINE).
WORKSHOP APPLE STORE UPPER WEST IPAD2 GETTING STARTED (10TH OCTOBER 2011 – NEW YORK).

WORKSHOP APPLE STORE FIFTH AVENUE IPAD2 ADVANCED (13TH OCTOBER 2011 – NEW YORK).

WORKSHOP APPLE STORE FIFTH AVENUE IBOOKS AUTHOR (1ST JULY 2012 – NEW YORK).

SPORT: GOLF AT AN AGONISTIC LEVEL – HP 8.3 (1ST CATEGORY)

DRIVING LICENSE OR OTHER
LICENSES

DRIVING LICENSE
NAUTICAL LICENSE

FURTHER INFORMATION

APPOINTED IN THE **COMMISSION FOR BIOLOGISTS QUALIFYING EXAMS** AT MILAN STATE UNIVERSITY IN THE 1996 SECOND SESSION AND IN THE 2001 FIRST SESSION

EMPLOYMENT AUTHORIZATION CARD WITH PERIODICALLY RENEWED WORK PERMIT **FOR USA** SINCE 10TH OCTOBER 2008
SOCIAL SECURITY CARD (No. 084-98-9757)

EMPLOYMENT AUTHORIZATION CARD FOR SWITZERLAND FOR FREELANCE WORKERS.
REGISTRATION IN THE SOCIAL WELFARE INSTITUTE (**CASSA CANTONALE** DI COMPENSAZIONE) UNDER NO. 756.8504.0594.89.

ENCLOSED

COMPLETE LIST OF CONGRESSES AND COURSES ATTENDED.
COMPLETE LIST OF CONGRESSES AND COURSES ATTENDED AS A SPOKESPERSON.
LIST OF PUBLICATIONS.
DESCRIPTION OF NUTRITIONAL CONSULTING ACTIVITIES.