

MIHAELA OSTAFE

Contact:

- Nutrition Counselling
(general nutrition, weight loss, food for energy, healing and performance)
- Coaching in Change Implementation
- Personal Trainer, Spinning and Pilates Coach
- Body & Mind techniques: relaxation, stretching & meditation

www.mihaela-nicky.com

mihaela.ostafe@gmail.com

+32 489 189 036

Summary

I've always enjoyed sports and have been passionate about living better naturally, cooking healthy and general wellbeing. And I do consider that the above can become so simple to everyone. Yet, they seem at times not obvious to integrate in our life style, due to our apparently so complicated lives.

I think **mastering change** is of great importance in the way we conduct our journeys, and I'm continuously improving the technics of implementing change better, passing them to others and supporting my clients (private individuals or corporate parties) to improve their own life and work scenarios.

From 2011 I've dedicated myself to a personal project, developing an integrative work on wellbeing, building up experience in coaching and a holistic view on nutrition, exploring neuroscience, physical training, meditation and diverse relaxation methods, with the main goal of facilitating the easiest integration in our lives.

Currently I work as a coach and nutritionist at the European Parliament, and together with Nicky Defraeye, we founded "[Fuel, Action and Balance](#)". We work together with [O'Vive Wellbeing and Medical Centre](#), and we also organise various corporate events: team building and coaching in different communication and business topics, from a wellbeing perspective.

Education & certifications

- Nutrition for Performance Certification (2015, ISSA - International Sports and Science Association)
- Personal Trainer Certification (2014, ISSA)
- General Nutrition Certification (2014, ISSA)
- Spinning Star 3 (2011 to 2013 MD Athletics)
- Human Health & Environment (2002-2005 MSc in Environmental Sciences, University of Lund, Sweden)
- Sociology, Coaching & Communication (1998-2002, BA in Sociology, University of Bucharest, Romania)
- Breathing Techniques, Mental Training, Training and Periodization, Training for Special Populations (training for people with certain pre-existing medical conditions such as Asthma, Chronic Obstructive Pulmonary Disease, Chronic Low Back Pain, Diabetes, Heart Disease/Hypertension, Obesity, Osteoarthritis, Rheumatoid Arthritis, pregnancy (prenatal and postpartum) and senior training (2012-2014 Spinning & MD Athletics)

Experience

- **2016 - current:** Coach & Nutritionist at the **European Parliament Sports Club**
- **2015 - current:** Wellbeing Counsellor at "**Fuel, Action & Balance**"
- 2011 - 2016:
 - Nutrition adviser and physical trainer at Nuffield - European Parliament Sports Centre
 - Fitness coach, active in different fitness and wellness centres in Brussels: Aspria, David Lloyd, World Class etc.
 - Coach and teambuilding organiser with On-the-move, Brussels
- 2005 – 2010 Project management, working with different European DGs and private associations

Languages: English (fluent), French (fluent), Romanian (mother tongue), Spanish (intermediate)