



Advanced Nutrition in Head Of Partnerships

Name- Jolin

Holistic Health Coach, Japan

Abstract:

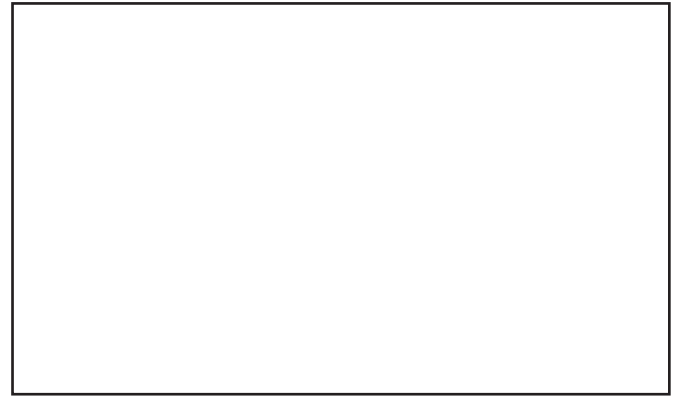
Jolin is a holistic health coach who also curates and hosts workshops, events and retreats. Her mission and passion is to spread love, smiles and good energy. Above all, she seeks to inspire many with her own personal health and discovery journey.

She is currently the Head Of Partnerships at the FIT Summit - a B2B network and centred at its core as a CEO-level thought leadership b2b conference for fitness, wellness, corporate wellness and hospitality. At these events, she moderates on panels as well as manages speakers and sponsors. She also runs workshops, talks and corporate events events. Some of her clients include UOB, Citibank, DFS, Fitness Festival, Lululemon, and Airbnb.

She completed Holistic Nutrition and Advanced Holistic Nutrition in the School of Natural Health Sciences, and spent 6 months in New Zealand volunteering at yoga retreat centres, organic farms, as well as holistic communes. She was also the marketing director and health coach of Daily Juice, a cold pressed juice company and Dosirak, a healthy Korean bento company in Singapore.

Biography:

Holistic Health Coach in Japan As a firm believer in a holistic way of maintaining health, not only does she share of the effectiveness of eating right for a better body and reduced ailments, she also addresses the importance of physical, mental and emotional well-being.



Recent Publications:

1. Cother Hajat and Emma Stein (2018) The global burden of multiple chronic conditions: A narrative review. The National Center for Biotechnology Information (NCBI)
2. (2019) About chronic diseases. The Centers for Disease Control and Prevention
3. Amelia Adler-Waxman (2017) This is the biggest challenge to our health. World Economic Forum
4. Lindsey Tanner (2020) Coronavirus death rate is higher for those with chronic illness. The Journal of Emergency Medical Services (JEMS)
5. Christopher Murray (2017) Health effects of dietary risks in 195 countries, 1990-2017: a systematic analysis for the Global Burden of Disease Study 2017. The Lancet

Webinar on Healthcare and Sanitation, September 17, 2020, Dubai, UAE

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