

Muriel BRAGARD

Health & Nutrition Angel

Company owner & non-executive Director

Languages: French mother tongue, English fluent



Education

- 2018** **Stott Pilates Instructor** : In progress
- 2017** **Diplôme de Conseiller en Nutrition Humaine Certifié Cerdén**, CERDEN
Integrative Nutrition Health Coach, IIN (Institute for Integrative Nutrition)
Certificate of 6 days program Master & Art of Coaching , Nova Terra
Certificate of Physical Trainer, Physical Coaching Academy
- 2016** **Médecine Nutritionnelle et Fonctionnelle Formation de base**, METAGENICS
(Vincent Gastronovo)
- 2009-10** **PME-Plus- ICHEC-PME**, Brussels Management School
- 1997-98** **Diplôme d'Etudes Supérieures Spécialisées : DESS (postgraduate diploma)**
Economics and Foreign Languages English/ German. Université Paris.1 Panthéon - Sorbonne.
- 1996-97** **Master in Money, Banking and Finance (MBF)**, University of Birmingham.
ERASMUS
- DEA**: Diplôme d'Etudes Approfondies (postgraduate diploma) : Economic Analysis and Policy, Université de Limoges.
- 1992-96** **Degree in Applied Economics**, Université de Droit et de Sciences Economiques de Limoges

Work Experience

- 2017-to date** **Health & Nutrition Angel**
- 2005- to date** **CLEARSOURCE: Founder and Co-owner**
IT Recruitment Consultancy, Brussels (www.clearsource.eu)
- 2005- 2015** **DIRECTOR**
Main responsibilities:
General Management of the company

Initially: Creation of ClearSource for the sourcing of freelance independent IT personnel to work on fixed contracts at mainly Belgian-based clients;

2002- 2004

CONFIGURE

Recruitment office specialised in IT -Brussels

SENIOR RECRUITMENT CONSULTANT

Main responsibilities:

- Sales activities and prospecting of clients
- Recruitment, testing and selection interviews with potential candidates

2000- 2002

COMPUTER FUTURES

Recruitment office specialised in IT -Brussels

RECRUITMENT CONSULTANT-Contracts Division

Main responsibilities:

- Sales activities and prospecting of clients
- Recruitment, testing and selection interviews with potential candidates.
- Negotiations of rates and extensions
- Respected a monthly target

1999-2000

CHORUS FINANCE

Recruitment office specialised in Finance -Brussels

RECRUITMENT CONSULTANT-

Main responsibilities:

- Sales activities and prospecting of clients
- Recruitment, testing and selection interviews with potential candidates.
- Respected a monthly target

1999

WESTERN TELECOM

Telecommunications Company -Brussels

SALES AGENT

Main responsibilities:

- Sales activities and prospecting of clients

Miscellaneous

COMPUTER SKILLS : Good command of software programmes MS Office
INTERESTS : Sports : weekly physical fitness activities, Yoga
Nutrition, Alternative Medicines and Aromatherapy
Music and Cinema





PHYSICALCOACHING
ACADEMY

This is to certify that

Muriel Bragard

has been awarded the certificate of

PHYSICAL TRAINER

(mapped to EuropeActive level 3 Health and Fitness Standards)

**for having successfully fulfilled
the requirements prescribed by
the Physical Coaching Academy (PCA)**

Brussels, 12/11/2017

Fabrice Williquet
Managing Director PCA



THE FACULTY OF THE

Institute for Integrative Nutrition

WITH APPROVAL OF THE
FOUNDER AND DIRECTOR, HEREBY GRANT

MURIEL BRAGARD

THE CERTIFICATE OF
INTEGRATIVE NUTRITION HEALTH COACH

WITH THE OFFICIAL SANCTION OF
THE NEW YORK STATE EDUCATION DEPARTMENT

ON THIS ELEVENTH DAY IN JULY IN THE YEAR TWO THOUSAND AND SEVENTEEN




JOSHUA ROSENTHAL
FOUNDER AND DIRECTOR





NOVATERRA

Coach Training & Corporate Development

Certificate

this certificate is given to

Muriel Bragard

For her completion of six days of the ACTP program
Mastery & Art of Coaching-Session 2016-2017

of Nova Terra Coach Training & Corporate Development

This certificate proves that the graduated completed six days of the program « Mastery & Art of Coaching » Session Brussels October 2016 till March 2017. This program contains 45 ICF's CCEUs.



ACSTH

Approved Coach Specific Training Hours
International Coach Federation

Date: 10 mai 2017

Feryal Hassaine
PCC

Sylviane Cannio
MCC





CERDEN

Diplôme

Par la présente, nous certifions que

Bragard Muriel

a suivi avec fruit la formation en nutrition et nutrithérapie et a obtenu le

Diplôme de Conseiller en Nutrition Humaine Certifié Cerden®

*La pratique professionnelle en tant que nutrithérapeute est subordonnée à une qualification de profession de santé légale
L'activité de nutrithérapeute et/ou de conseiller en nutrition doit être distinguée de la profession de diététicien,
dont l'exercice est soumis à l'arrêté royal du 19/2/1997 qui en fixe les conditions d'agrément.*

Bruxelles, le 24 juin 2017

Marc Brissat

Willy Vandenschrick

Les titres de Nutrithérapeute certifié CERDEN® et de Conseiller en nutrition certifié CERDEN® sont des marques collectives
dont l'usage est réservé aux personnes répondant aux critères fixés dans le règlement d'usage et de contrôle.
Le titulaire du présent diplôme a le droit de l'utiliser s'il se conforme aux conditions fixées.



Metagenics™
Academy



Médecine Nutritionnelle et Fonctionnelle

Formation de Base 2016

Certificat de réussite attestant que

Mme Muriel Bragrad

A suivi et réussi l'examen correspondant aux 11 modules de 3 heures traitant des sujets suivants:

Chimie de la vie, notions de biologie cellulaire et moléculaire, le tube digestif et le microbiote intestinal, les acides gras, énergie et mitochondrie, le stress oxydant, la détoxification hépatique, la méthylation, le métabolisme glucido-insulinique, le système immunitaire et l'inflammation, la consultation de médecine nutritionnelle et fonctionnelle

Formation assurée par Vincent Castronovo MD, PhD