

# Szilvia Molnár

Nutritionist for High Performers | Public Speaker |  
Corporate Wellbeing Educator

## About

Szilvia Molnár is a corporate wellbeing speaker, certified nutritionist (BSc Nutritional Therapy), and senior banking executive with over 15 years of leadership experience. She delivers science-backed, real-life strategies that help professionals improve energy, focus, and resilience — all grounded in the realities of demanding workplace culture.

## Signature Talks

### **Mind IS Your Own Business**

How food, stress and lifestyle shape our mental wellbeing

Delivered for Mental Health Day, this engaging session explores the root causes of burnout, anxiety, and low mood — from blood sugar and inflammation to gut health and sleep — with practical strategies for change.

### **A Day in the Life of Office-You**

Real-life nutrition and energy strategies for busy professionals

Originally designed for corporate audiences, this talk follows a typical office day and offers simple, science-backed tips to fuel focus, manage stress, and stay sharp — even on back-to-back Zoom days.

### **Sleep, Stress & the Science of Recovery**

Why rest is the ultimate performance tool

This customizable session dives into the biology of stress and recovery, highlighting the role of nutrition, circadian rhythm, and nervous system regulation — and what teams can do to sleep better and recover smarter.

*Szilvia also delivers science-backed sessions on nutrition and lifestyle for DE&I events, Learning Weeks, wellbeing initiatives, and corporate workshops — available virtually or in person.*



“Small shifts in nutrition and lifestyle habits can make a lasting difference in how you feel — no complete life overhaul needed.”

## Let's Connect

For availability, fees, or to discuss your next event, get in touch:

✉ [hello@szilviamolnarnutrition.com](mailto:hello@szilviamolnarnutrition.com)

🌐 [www.szilviamolnarnutrition.com](http://www.szilviamolnarnutrition.com)

📷 [@szilviamolnarnutrition](https://www.instagram.com/szilviamolnarnutrition)

☎ +41 76 688 2359



## What Clients Say

“Szilvia is an excellent and engaging presenter! Her session on how to fuel our brain was simple to follow, interactive and super informative. I left with great motivation to apply small but impactful changes to my hectic life, and I already see improvements.”

— Ioannis Z., Wellbeing Events Team Switzerland

“Many thanks for your unstoppable passion, standing in front of classes and supporting the participant's leadership development. You are an amazing lecturer.”

— Nico N., Training Manager, Line Management Leadership Certification Program