

Sophie Reverdi

SPEAKER

Area of Expertise

DIETETIC AND ORGANIC GASTRONOMY

WELL-BEING AND WELL-BEING

HEALTH AND BEHAVIOUR TEAM

BUILDING THROUGH EXPERIMENTATION





SOPHIE REVERDI

**TO REDISCOVER THE ESSENCE OF ONESELF
THROUGH THE PLEASURE OF THE SENSES.**

"Experimental, joyful, sensory, concrete, unforgettable... »

Preserve your health by opting for this new and gourmet interlude...

Unconditionally passionate about "Great dietetic and organic cuisine" and "human potential", I have imagined for you, experimental and sensory conferences on my favorite themes.

Based on a global support concept that I developed in 2001, the conferences that I offer you in companies will be an unforgettable and meaningful experience for team building as well as for information and prevention of the audience.

Light Food for Smart People

In a world where it has become complicated to know how and what to eat to stay healthy without falling into the temporary excesses of "wanting to do everything too well", and then frantically throwing yourself on the first pizza that comes along, this sensory and visual conference will

provide you with simple and concrete answers that you can use for life.

Learning two or three tips for ethical and light gourmet cooking, discovering a new vision of cooking, and understanding why it is important to indulge yourself with simple and delicious recipes to make in 5 minutes at home, without gaining a single gram, is a significant asset, isn't it?

No time to get organized, to cook, to do the shopping, it's our daily lot, and all this is also part of the program of this conference. But also how and what to eat when you are at a restaurant, at a friend's house, at a cocktail party, at a hotel, with your family.

But on the other hand, our world has become ruthless in terms of image and diktats, and if women are the first to be targeted and discriminated against, men are not to be outdone, neither on a personal nor professional level, making the paths of each one complicated in this jungle of daily life.

Because, no matter what ideas one may have today, the level of ambition, the energy, the know-how, the number of diplomas, if appearances are not those required by the new merciless diktats, both in terms of looks, and purely physical criteria, we risk finding ourselves on the sidelines quite quickly. Unfair, crazy, but so realistic...

The program of this conference, which combines behavior and cooking, is an indispensable and essential ally to our needs. To regain self-confidence, to reconnect with our inner vibrations, to re-consider our life from another, more intelligent angle... To be inspired, to be reassured, to understand, to learn, to experiment, to taste, to enjoy, to succeed in mastering one's life, one's body, one's diet, and to perceive oneself differently, are the notions that you will finally be able to address during this fabulous experience.

I wanted for you, a magical and stimulating moment that ends with a tasting of the whole audience, since in parallel with my conference, the Chef de cuisine of Smart and Light prepares live on stage, a small unforgettable magic buffet, a moment of conviviality and sharing that I am looking forward to.

THE + OF OUR CONFERENCES:

- Discover an innovative concept that overturns all the taboos of dietetics.
- Attend a real performance show that will give you a positive boost.
- Regain confidence and control to initiate change gently, and see life otherwise

*You will be able to leave very motivated, with a "Roadbook" to support and guide you on a daily basis, as well as with a "two-month access to the tutorial video program"



LightFood forSmartPeople



THE CONTEXT, THE FACTS

AND THE FIGURES

Yes, being overweight and obese is very costly.

Overweight and obesity affect children, women and men not only on a physical level, triggering a large number of diseases, but also on a psychological level, giving way to sadness, to the daily difficulty of living, in the eyes of others, to the many complications that are linked to it, on a personal, family, sentimental, social level, etc. and put the people concerned in a position of absolute failure.

Today, it is said that there are more than 2.3 billion overweight people in the world, including more than 700 million obese.

Obesity is the 1st cause of death in the world, and the WHO speaks of the first non-contagious epidemic in the history of humanity.

But overweight and obesity also have a global financial cost of billions of dollars a year.

These scourges also have disastrous repercussions within the company: absenteeism, lower productivity due to more fragile health, lower resistance to fatigue and a slower pace of execution of tasks.

In the USA, a study by Duke National University shows that this would be equivalent to the global overload of 1.8 million additional people per year, with a salary of 42,000 dollars.

France is also violently affected by the scourge of overweight and obesity, and the bill is severe. 15.5 million overweight people, 7 million obese, including 600,000 children and adolescents.

In 2000, in the world, health expenditure related to obesity and overweight was 12 billion Euros per year.

In France, the direct annual cost of overweight and obesity, corresponding to the management of related diseases (hypertension, diabetes, etc.) is estimated at 640 million Euros, according to a study conducted among a representative sample of the adult population.



WHO AM I?

MY CAREER MATURED OVER THE YEARS...

Born in Paris in 1964, I am a pioneer of childhood obesity in France.... I have a bachelor's degree in philosophy and a Cornell degree in hospital management. I love and praise the precious gift of life, despite difficult personal circumstances that I managed to overcome as a teenager. I have infinite faith in "the human potential to be able to change" and I have always dreamed of alleviating the suffering of everyone I meet, by instilling in them this notion that is essential to me. Obesity is the leading cause of death today, before the famine, and obesity is my fight, I am dedicated to it body and soul.

Passionate, I first became involved in the hospital world, where I was confronted with many physical and psychological sufferings, and in particular those of dietary restrictions, linked to specific pathologies. I attach particular importance to it, because I love haute cuisine, but especially because having been an obese child, I was forced to follow draconian rules depriving me of pleasure for a long time.

And, because I want to understand and learn how to improve the lives of those who have to deprive themselves of everything, I opened and managed at the age of 23, a magnificent French gastronomy restaurant in Brussels, which was to be my first experimental laboratory. My goal: To create a tasty and gourmet cuisine that I want to be healthy, healthy and organic at the same time. My restaurant "La salle à Manger" won the consecration of Gault & Millau. At 28 years old, I worked for 4 years for one of the American leaders in health and well-being and discovered the instrument I was looking for to better share my ideas: coaching.

At the age of 37, after spending a few years devoting myself to my two sons and to the career of my composer husband, I spontaneously returned to my initial goal, and began the development of the project I had dreamed of since my childhood: Smart and Light.

In 2004, I was approached by the Tunisian health authorities, who heard about my work, and I implemented Smart and Light in Tunisia, in collaboration with the greatest experts in nutrition, diabetes and endocrinology. I manage to rally to my cause, very great specialists even beyond the shores of the Mediterranean. My program turns all the fundamentals of nutrition upside down, but is so adapted to the personality and needs of those who are experiencing the problem of overweight and obesity, that the results are impressive.

No drugs, no surgery, no supplements or substitutes are promoted, but a set of specifications based on the pleasure of the senses, and on the potential that we all have to be able to change. The words "calories", "weighing", "forbidden foods", "carbohydrates", "lipids", "proteins", "BMI", are never mentioned... The notions of hunger, deprivation, frustration, loneliness, are not consented to.

The Smart and Light universe is a universe of softness, a padded and benevolent cocoon, which has allowed more than 1800 people to regain their healthy weight, and control of their lives.

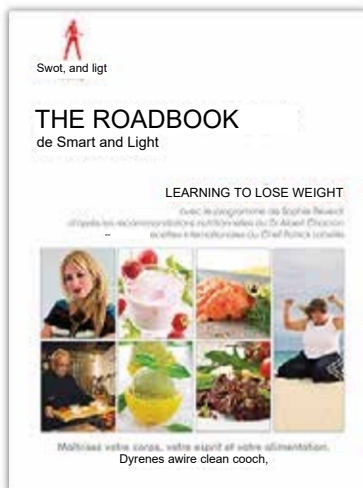


Sophie Reverdi is a professional speaker, member of the French Association of Experts and Lecturers, (AFCP) and the Global Speakers Federation (GSF) its American equivalent. For 15 years, she has been distilling her know-how and her particular vision of behavioral and culinary support, and stimulates very different audiences, with her passion and deep commitment to this cause.

Find Sophie Reverdi's profile on the AFCP website:
www.association-conferenciers.com/nos-conferenciers/1276/reverdi-sophie/

AUTHOR OF TWO BOOKS

AND AN E-LEARNING SITE



The Road Notebook First in

2004, The Road Book, which I subtitle: "Learning to lose weight and become your own coach", and which I give to each of my participants, and which contains the essence of my reflection and research of more than 20 years. This book is as much a motivating and exciting bedside book, as it is a cookbook, which reveals the secrets of a great dietetic cuisine that is easy to make, and which allows you to eat as much as you want, to never feel put on the bench of life again, but on the contrary to be able to make a serene and joyful journey towards your new self. * This book is available in English



Michèle Fitoussi, editorialist of Elle magazine, will preface the book after reading it.

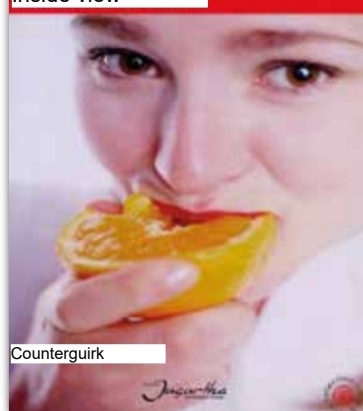
An excerpt from his preface: "In this book, I learn more than in any novel, any scholarly treatise, what is the ordeal of an obese woman. And then one day Sophie said: "Stop, I want to live". And twice, she got rid of all that fat. And because she is a very beautiful

soul, she has decided to help those who do not have her strength or courage. It invented this "Smart and Light" method. Cunning and light. And she helped the others to cast off in turn. Sixty, fifty, forty, thirty, kilos of useless flesh overboard. Flew. Swept. A bad memory. And never come back. You have to read these testimonies and then you have to believe them. She knows what the way others look at her means. She also knows the precious price of regained freedom. He is an angel. But it is now so cheerful, that it has almost become a sin... »

Sophie Reverdi

Obesity or disease

Inside view



OBESITY OR DISEASE SEEN FROM THE INSIDE

Then in 2007, a major publishing house commissioned me to write a second testimonial book "Obesity or Disease Seen from the Inside", which encouraged the publisher to launch a collection "Health and Experience" on the journey of former patients who have overcome their disease.



Here is an excerpt from what Mrs. Skandrani, her publisher, daughter of one of the greatest Tunisian doctors, and a great militant figure for democracy and women's rights, wrote in her preface: "Sophie Reverdi, whom I met in a friendly meeting of artists and people of culture, and who is an extraordinary woman, has the honor of opening this collection. By talking with her, I knew that she had a lot to pass on, and especially a lot of love for the other ... I have been

seduced by her inner richness and her human generosity, impressed by her career and by her dynamism. In a word, I found in her a woman endowed with an animus (in the sense of heart and courage) and an

anima (in the sense of soul, perhaps of soulmate). It is a book that speaks to the reader, because it overflows with the passion of its author... It is a soul that lives, that is alive, it is a dynamic body, that moves, and finally it is a person in the full sense of the term because far from being idle, it is a person who creates productions of the mind and projects... His experience in various fields,

philosophy, health, catering, cinema are part of the nets of his writing. »

SMART AND LIGHT E-LEARNING, THE E-LEARNING WEBSITE

In 2010, I decided to compile my ten years of coaching, and started the creation of an E-learning program "to learn how to lose weight, from home..." 180 video tutorials will be shot over a period of 3 years, bringing together 60 behavioral coaching videos, 60 dietary cooking classes, and 60 gentle re-initiation sessions to sport. A program of infinite richness, which allows all those who need it, to be able to become their own slimming coach for good. * This program is available in English

CONFERENCES, SYMPOSIA, SEMINAR STAYS,

PRIVATE OR GROUP LIVE COACHING

Throughout her career, Sophie Reverdi has continued to improve her techniques and make them accessible to as many people as possible. Its books and E-learning programs have been translated into French and English. She has spoken alongside the greatest specialists in numerous conferences and symposia on the subjects of obesity and overweight. It has also organised numerous seminar stays in hotels in the context of health tourism, always focusing on the same themes, but allowing participants to enjoy during their stays, among other sensory experiences, all-you-can-eat gastronomic and dietary buffets.

The valuable aspect of the sensory experience is extremely promising and encouraging. Many of his lectures also conclude with a tasting buffet, which allows participants to immediately realize that they will be able to embrace change.

Based in Paris for 3 years now, near the Place du Trocadéro, Sophie continues to personally support her participants with her behavioral coaching, surrounded by a team of 4 expert and sensational coaches, who each of them, in their specificity, bring the essential assets of the Smart and Light program.



KITCHEN

Benjamin Le Moal, talented Young Chef, ex Ferrandi, the prestigious school of French gastronomy, gives fabulous dietetic cooking classes, with tasting workshops, and also prepares in his laboratory light and organic lunch boxes for Smart and Light customers and Parisian companies who want to eat ethical, gourmet and intelligent. Benjamin also offers with his team of chefs, Chef services at home, for lunch or dinners or brunch lights ...



BODY

Mohamed Khatiri, former France boxing champion, invents with good humor and delicacy, gentle re-initiation sessions to sport. This passionate about others, offers unique and funny performances to rediscover the joys of sport and the rediscovery of a body in movement. Atypical and relaxed sports coaching, in the most beautiful Parisian parks or in unusual places, such as the Trocadero esplanade, the banks of the Seine, in our Center or even at home.



MAKEOVER

Flavien Milon, one of the Parisian specialists in image consulting, number two at Cristina Cordula's agency, puts all his positivity, humor and charisma into supporting clients, in order to make them want to reveal themselves again from the start of the program, to find their style, and to no longer hide themselves, and to love themselves again.



BIO-NUTRITION AND LIFESTYLE

Jean-Paul Meunier, one of the leading specialists in organic nutrition in France, and alternative medicine, distills his essential advice, and offers detox and lifestyle coaching sessions in the Centre, or at home. Jean-Paul's coaching aims to become definitively aware of the importance of living healthier, and to learn self-coaching techniques to practice on a daily basis to live more serenely and with self-respect.



WHAT THE DOCTORS SAY

Check out other doctor and client testimonials on www.smartandlight.fr



PROFESSOR KHÉMAÏS NAGATI

Professor Khémaïs Nagati: A specialist in metabolic and endocrine diseases (diabetology, nutrition, obesity), Professor Nagati is one of the world's leading specialists in diabetes. He became head of the nutrition and diabetology department at the National Institute of Nutrition in Tunis, then President of the Institute's Scientific Committee. He is also the organizer of the 1st Maghreb course in Epidemiology and Bio-Statistics applied to diabetes, founder of the Pan-African Group for the Study of Diabetes. Professor Nagati is a passionate doctor committed to his fight, who has been financing summer centers for diabetic children for years. Passionate about the cause of the obese and diabetics, he chairs practically all the associative foundations. He is now President of the Tunisian Association of Nutritional Sciences.

Excerpts:

"My meeting with Sophie Reverdi, a new hope ...

It was during an international conference on obesity in 2004 that a new way was presented to me by Sophie Reverdi, a former obese woman, who could be an alternative to the therapeutic attitudes we were proposing to our obese patients. The Smart and Light program struck me by its originality, and especially by this idea of global management of obesity, including the reflection of all one's experience of being ex-obese (on diet, sedentary lifestyle, loss of self-confidence, sometimes even social and professional marginalization). The program of Smart and Light seminars seems to take place in a pleasant setting of change of scenery, offering nutritional information based on exact scientific knowledge. The attractive idea of the food program, far from any withdrawal or deprivation, the rebirth and strengthening of the self, for a time forgotten by the participants, a physical activity adapted to the rhythm of overweight people, far from all excesses. In short, a self-esteem, and an invitation to move forward without faltering in the fight against obesity and the prevention of its consequences. The clarity of the objectives and progress of the Smart and Light program is also under the microscope of surveillance and follow-up, since the Carnet de Route, rich in information, allows participants to continue this process or to initiate it at home, and to provide by feedback, objective and useful information, allowing to ensure a long life for this program. and continuous evaluation, as necessary of the objectives and action. It is better to be modest in your beginnings, not to suffer unnecessarily and to ensure a gradual loss of excess pounds in the medium and long term. This, it seems to me, is the great quality of the Smart and Light program. I then proposed to Sophie Reverdi to come and work with me in Tunis, and she accepted. We consulted each other a lot, and she started her support sessions. We were pleased to see that the participants of Sophie Reverdi's Program easily recovered their healthy weight, without the slightest difficulty, without the slightest physiological problem, related to weight loss. Smart and Light is a public interest, intelligent and concrete program that would be good to develop internationally in order to remedy the galloping scourge of this planetary disease. »

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PROFESSOR EDWARD E. MASON

Professor Edward E. Mason is the father of obesity surgeries (bypass surgery in 1966 and vertical gastroplasty calibrated in 1980). He is the founder of the American Society of Bariatric Surgery.

Since his first operation, more than 40,000 people have been operated on around the world. Sophie Reverdi was the first French woman to be operated on by Professor Mason 32 years ago.

Here is an excerpt from a letter Edward Mason wrote to Sophie Reverdi in 2011, encouraging her to continue her work with Smart and Light, which he said would be an effective and harmless alternative to other treatments for millions of obese people waiting for treatment:

"Your method of care is of special interest to me, because there are millions of people around the world who cannot get treatment. It is necessary for as many people as possible to get effective and harmless help to learn how to live, eat, play sports and change their lifestyle in order to maintain a healthy body. »

SOPHIE'S MENTORS WHAT

SOPHIE'S MENTORS SAY



Shay O'Brien is the President of NSA Europe, one of the American leaders in healthcare. After their meeting in 1995 in Brussels, Shay was impressed by the potential he saw in Sophie and by her charisma, and personally decided to train her, then appointed her coordinator of the group in Europe, and the following year, member of the "leaders" of the group which was then exploding in Europe and was already listed on the Nasdaq.

Shay O'Brien

excerpt: "I knew Sophie many years ago now... probably for longer than I would dare to admit; Time flies so fast, but it seems to me that it's already been twenty years... She is one of those rare individuals whom we meet on our wonderful earthly journey, but who stand out from ordinary mortals, because they know that we can get "the best" from our lives. She embodies bravery and courage, and is truly "a warrior of all fronts". What

I mean is that she sees the whole earth as her home, and goes without fear or constraint to travel through this world, in conquest of her goals and hopes; whether it's New York, Brussels, Milan, Tunisia, London or beyond... I have been passionate about her project from the beginning and have followed with great interest the development and success of Smart and Light, which Sophie had introduced me to at its genesis. What I thought was remarkable about her program was that Sophie had focused her aspirations on her priority, which was the most concrete help she could provide to her participants, during their transition period (to a return to a normal weight), focusing above all, on the ease of the program that she absolutely wanted to offer them. But she also wanted, and as soon as possible, to be able to enhance the lives of her clients, by helping them to regain a new self-confidence and a taste for happiness, in order to be able to access the program more easily and with greater stimulation. Losing weight can sometimes seem like a "difficult journey", unless you are lucky enough to benefit from the solid and reliable support of a person who has already walked this tortuous path to happiness. Sophie is that person. It was with a smile on my face and my mouth watering that I discovered that the key concept of Smart and Light, this "gastronomic diet", far from being a boring and tasteless selection of foods, as we see elsewhere, is on the contrary a "great tasting cuisine", the most excellent we could ever imagine eating, in the hope of losing weight. Sophie loves haute cuisine, and her career as manager of one of the greatest gastronomic restaurants in Brussels, would not allow her to offer anything less spectacular. It is largely this brilliant concept, which explains the astronomical weight loss, that Smart and Light has been counting since its beginnings. What for? Because the participants simply start by eating tastier dishes than they have done before, discovering this natural, healthy and colorful cuisine, subtly delivered in the recipe ideas of this book. The participant eats more tasty food, rediscovers the tastes of Nature, and a healthy and healthy diet, which will make him lose weight, but the most important thing is that in the long term, he will not be able to get tired since everything is fabulously good. So I'm not at all surprised by the success Sophie has had with her program, both with her clients and in the medical and therapeutic world, and if you too really want to change your life for the better, Sophie is the woman you should listen to. What for? Because you will follow in the footsteps of one of the most incredible individuals in this world, who went through every emotion and lived it to the fullest, to get to where it is today. She knows your suffering and knows what you need!! Good luck. The hardest part is getting started. »



Françoise Courvalin has coached and accompanied Sophie Reverdi since day one and she is the undisputed godmother of Smart and Light.

After having worked for a long time as purchasing director of the "Le Bon Marché" group, Françoise Courvalin realised that none of the staff members was in the right position for her: over-qualification, under-qualification, lack of technical knowledge, misuse of human potential. This bothered her and she founded CAPS AVENIR France. In France, it is becoming the mother of professional retraining and return to work, but also of the skills assessment. Françoise is a designer of major support and support projects for business leaders and creators of innovative projects, and is also a member of the European Development Fund Commission.

Excerpt from Françoise

Courvalin: "Sophie Reverdi is the image of all these women full of ideas, ideals, projects, enthusiasm, fervour who are certain that they will bring to others "a little something" that will make life more liveable. This incredible adventure of the "little idea of a little bit of a woman" took shape and I am proud to have been the "chisel, the ink, and the test tube... It is his pugnacity, his persuasion, his quiet gentleness and his frenzied will that have made Smart and Light the innovative concept of a better quality of life, full of hope for a large number of men and women and especially children. »

CUSTOMER STORIES

MS M.Z, DIRECTOR OF INTERNATIONAL COMMUNICATION AT THE SERVIER PARIS LABORATORY.

(30 kilos to lose)

"I am a very active woman, I am 56 years old, and I have gone through difficult periods in my life that have led to significant weight gain. Although I was aware of the risks associated with being overweight and knowing perfectly well what to do to stop this climbing, I never really managed to "settle" down and fully commit to a weight loss process. Sophie Reverdi's power of persuasion, her friendly, encouraging, determined language bewitched me, allowed me to understand and



start a new way of behaving in front of food: no more restriction, no more frustration. It was a question of eating with pleasure - which is allowed, of course - and as many times during the day as the body requires. It was a revelation for me. His sentences, so apt, pronounced with a natural benevolence, had touched me deeply and had continued to resonate in me. To accompany me in this process, I had received an absolutely unique document, because in addition to being fun, it was practical and so positive! This Carnet de Route, which Sophie had developed down to the smallest detail, with all her heart and her desire to help, represents a great

support on a daily basis: from sound advice to simple recipes, for a healthy, inventive cuisine, full of flavors... Already lost 6 kilos in 6 weeks! And, with the certainty in my heart that I have entered the path to success!

To Sophie, I can never say enough thank you for having welcomed and guided me with such warmth, generosity, kindness, patience and listening. An exceptional being, whom I had the chance to meet and who deserves my gratitude for life, because this meeting was a second birth for me. The alchemy could only take! »

MR. F.B PARTNER, BUSINESS CONSULTANT GRANT THORNTON TN (20 kilos

to lose) "When I look back 5 months, I can only be happy with how far I have come since the day I discovered, by chance, the www.smartandlight.fr website and especially the "testimonials" section. I read with interest all these bits of history, of people in whom I recognized myself a little. From then on, I took my courage in both hands and I decided to get "coached" in order to overcome this ordeal that I was carrying and that I was bearing: my overweight. Very independent and autonomous by nature, I didn't necessarily feel able to open up to someone, and confide in a



subject that was previously "taboo". Sophie quickly put me at ease, giving me back my confidence and helping me to regain this strength and motivation that seemed lost to me, in repeated diets without success. The Logbook was also a great companion in this transformation. As the days went by, I adopted the method that was instilled there and that had allowed me to review my reflexes and eating habits from top to bottom. With the method, no deprivation, no feeling of hunger but a healthy and intelligent selection of foods that guide to success.

The results were not long in coming, I saw my body transform day by day, boosting my motivation and my will to succeed. I was reconnecting with lost feelings: self-confidence and joie de vivre, and I was putting aside this systematic defeatism and self-denigration that had settled in me at the same time as I was accumulating these superfluous pounds.

When I look back 5 months, I can say today with great pride that I have lost more than 20 kilos and that I have reconnected with my former appearance and figure. Sophie, thank you for helping me get through this, thank you for your constant encouragement and motivational words. I owe you a lot! »

MR K.T, BUSINESSMAN "A

lifetime of trying. Lose weight, gain weight, gain weight again, lose weight, then get tired of juggling, trying, buying a shirt, a suit for the hundredth time, making alterations, throwing everything away.. In short, but above all tired of being twice my age, of being exhausted, heavy, out of breath, swollen, unable to breathe properly, to run, to play sports, unable to live like a guy of my age, unable to realize myself in my physical entity and freed from this shell of fat, this uncomfortable armor, which does not protect me from anything... that clutters me, and clogs my life, exhausts my ambitions, weighs down my



universe, hinders my life path, and keeps me chained to a thick and slow universe that looks nothing like me. Sophie Reverdi is in front of an audience, and I was suggested to come and listen to her: So, I listen to her, I visualize what she says, I understand, it "clicks" every five minutes in my head... She's right, I understand what she's doing, it's smart. What she offers is a life tool, powerful, practical, easy to set up in the long term, for life, she has understood everything!

I choose, I adhere, I will do what she says, because I feel that what she has built is the only possible path to my victory...

7 months later, without having suffered a single second, I lost 30 kilos, and I am living again... I am more beautiful than ever, more confident, more fulfilled, and I know that I will never again fall into this nightmare of my last years.

This program is worth a thousand times, this little good woman who is passionate and in love with her job, unquestionably holds the universal antidote to this new morbid scourge that is obesity. This disease that hovers over our planet, which is so difficult to get rid of, unless you know the secrets of healing. Thank you Sophie for your priceless gift that could save the planet... »

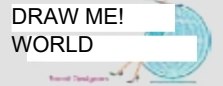


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