

Mgr. Olga Mikhaylova

MAIN SKILLS

Experience in creating customized diets and in the field of healthy nutrition

EDUCATION

Charles University Prague - 1st Faculty of Medicine Bachelor's and Master's degree in the field of Nutrition therapy.

Bachelor's thesis topic: "Clinical reality - nutritional screening and nutritional status".

Master's thesis topic: "Anorexia nervosa in children and adolescents with a focus on clinical manifestations and anthropometric changes".

Participation in XIII. international interdisciplinary conference on eating disorders and obesity, Psychiatric Society

Professional practice at the General University Hospital in Prague, at the Thomayer Hospital and at the Motol Hospital (catering operation, calculation of diets, communication with patients)

ADDITIONAL TRAINING COMPLETED

Nutrition of children

Nutrition in diabetes and prediabetes

PROFESSIONAL CAREER

Since 2018 - Nutritional therapist

Questions from customer support and expert consultations in the field of nutrition

Creating customized diets

Personal consultation and measurements on InBody/Tanita

Nutrition consultant

Language skills: Russian, Czech, English