LIFENESS
HEALTH, FOOD & LONGEVITY

CORPORATE LONGEVITY

Team Building

Culinary, **leadership** and **wellness** experiences that help people and teams grow.



Culinary Experiences

Leadership & Team Development

Wellness Experiences

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OUR PHILOSOPHY

Not more years, but more life in every year.

Lifeness is a **Benefit Corporation** that promotes **health, wellbeing and longevity** through an integrated approach combining science, nutrition, education and innovation. It develops programmes, training paths and experiences for individuals, companies and organisations, turning knowledge into **practical tools to live better and longer**.



> “Every day, what you choose, what you think and what you do is who you become.
>
> HERACLITUS

THE VALUE OF TEAM BUILDING

When people feel well, teams work better together.

01

Cohesion and trust

Shared experiences that strengthen relationships and a sense of belonging.



02

Wellbeing and prevention

Energy, healthy habits and stress management, inspired by the Blue Zones.

03

Personal growth

Leadership, awareness and new skills to bring back to the workplace.

04

Impact and responsibility

Sustainability values experienced first-hand, for the company and the community.



OUR APPROACH

An integrated offer, a tailor-made journey.

Lifeness brings together **longevity cuisine**, **leadership development** and **mind-body wellbeing**. Experiences can be freely combined into **customised** journeys built around each company's goals.



01 EXPLORE
Three areas: food, leadership, wellness.

02 CHOOSE
The best-fitting activities, even across areas.

03 CREATE
A unique event, built around your team.

CORPORATE LONGEVITY

Culinary Experiences

Longevity cuisine as a shared language:
nourish the body, train the team.

01 **Longevity Cooking Class**

02 **Michelin Star Show Cooking**

03 **Collaborative Cooking Challenges**





COOKING WORKSHOP

Longevity Cooking Class

With nutritionists and healthy-food chefs

An interactive cooking class dedicated to **longevity cuisine**: guided by a nutritionist and expert chefs, participants discover **foods and recipes** that support health, energy and focus.

Recipes validated by the Food Science Specialisation School of the University of Rome Tor Vergata

SHOW COOKING

Michelin Star Show Cooking

With signature chefs

Michelin-starred cuisine as a metaphor for **excellence, precision and team creativity**. Teams watch and take part in a signature performance, ending with a tasting.

Attention to detail becomes a shared language for the whole team.





TEAM CHALLENGE

Collaborative Cooking Challenges

With the Lifeness chefs

Teams, **Mediterranean Diet** ingredients and a challenge to win together. Guided by the chefs, teams plan and cook a menu, training **communication, problem solving and trust**, all the way to the shared table.

Teamwork shows on the plate: an energising experience that leaves its mark.

CORPORATE LONGEVITY

Leadership & Team Development

Aware people, trusting relationships, **more human organisations.**

01 **Kind Leadership**

02 **CSR Workshops**

03 **Laughter Yoga**



WORKSHOP

Kind Leadership

WITH Guido Stratta

A hands-on, participatory workshop to develop leadership grounded in **trust, listening and collaboration**. Through group exercises, guided reflection and open discussion, participants co-create the **Kindness Manifesto**.

An approach that brings **kindness into the company as a driver of wellbeing and performance**: more resilience, less burnout, stronger relationships.

A practical guide to a more human, cohesive and productive workplace.





WORKSHOP

CSR Workshops

With Luca Lobuono

A **corporate social responsibility** workshop that turns kindness into action: participants design and carry out **socially useful initiatives** with a real impact on the community.

An experience that connects heart, business and community.

EXPERIENTIAL ACTIVITY

Laughter Yoga

With Paolo Ricci

An engaging activity that boosts **physical and mental wellbeing** through laughter. Participants rediscover the **power of play**, self-irony and connection, reducing stress naturally.

Energy, lightness and stronger bonds: good humour as a resource for the team.



CORPORATE LONGEVITY

Wellness Experiences

Body, mind and emotions in balance:
wellbeing as the team's energy.

01 **Mindfulness**

02 **Music Therapy**

03 **Move for Longevity**

04 **Cognitive Stimulation**





GUIDED PRACTICE

Mindful Eating

With Daniela Galdi and a professional mindfulness instructor

A sensory experience that trains **presence and awareness**. Guided practices and a **mindful tasting** show how breath, attention and food affect energy and focus.

Simple, science-based tools to work with more calm and effectiveness.

SOUND EXPERIENCE

Music Therapy

With Giulia Bigioni, harpist

An immersive experience inspired by **music therapy**: guided by the sound of the harp, participants slow down and connect with their emotions through **deep listening**.

Also available as a live concert or background music for events.





OUTDOOR

Move for Longevity

With Patrizia Loreti

Mindful movement — **yoga or pilates** — and guided meditation in nature, followed by a **longevity tasting** to nourish body and mind.

Balance and deep wellbeing, in a unique green park in Rome.

COGNITIVE LAB

Cognitive Stimulation

With Sanitari in Salute®

Participants discover their **cognitive styles** and how they shape communication, stress and collaboration, leading to a **personal wellbeing plan**.

Awareness and ready-to-use tools, from the very next day.



THE VENUE

A private park in the heart of Rome.

Lifeness is located within **Villa Blumenstihl**, in an elegant residential district just minutes from St. Peter's. Set in a **nature reserve**, the venue offers large outdoor areas, the **ICA professional kitchens** and the villa's indoor spaces.







WHERE WE ARE

Via Decio Filipponi 15
00135 Rome

OUR TEAM

Science, food and wellbeing, in one team.



Daniela Galdi

Founder of Lifeness and Italian Chef Academy, Life Coach



Guido Stratta

Coach and manager, expert in cultural transformation



Luca Lobuono

Entrepreneur, HR leader and kindness content creator



Rolando Bolognino

University professor, nutrition biologist, mindfulness instructor



Veronica Sciscione

Wellbeing nurse, founder of Sanitari in Salute®



Giulia Bigioni

Harpist and orchestra musician, specialised in harp therapy



Patrizia Loreti

Yoga and meditation teacher, working with Virgin Active Italia



Paolo Ricci

Joy Master and international Laughter Yoga trainer

LIFENESS
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DESIGNED FOR

Companies | HR & People | Corporate events | Incentive | Offsite

Let's build your journey together.

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Villa Blumenstihl · Via Decio Filipponi 15, 00135 Rome



"A life well lived is one that leaves a positive mark on the lives of others."

MARTIN LUTHER KING JR.

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