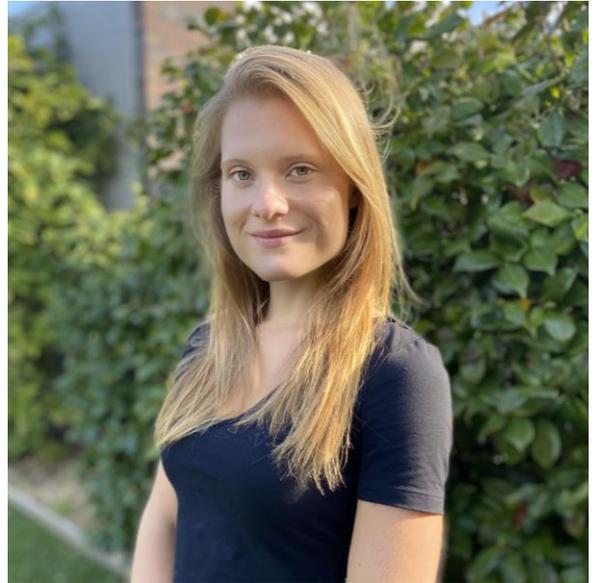


Olivia Soha

Founder of an eating disorders coaching service & Eating Disorder Recovery Coach, MELBOURNE

Olivia Soha is a Carolyn Costin Institute-certified Eating Disorder Recovery Coach, and founder of the eating disorders coaching service, *Uncovery*, Melbourne. Through her lived experience with an eating disorder several years ago, Olivia witnessed gaps in the care then available in Australia.

After working in an eating disorders treatment centre and researching various treatment modalities in the USA, Olivia was determined to bring more affordable and accessible services to Australia. She found a common thread in her research – having access to someone who has recovered from an eating disorder, plays a pivotal role in recovery, by offering hope and motivation, and the belief that overcoming an eating disorder is actually possible.



In 2018, Olivia was selected as a Young Social Pioneer with the Foundation for Young Australians (FYA), for her innovative efforts in the eating disorders field. After training with The Carolyn Costin Institute, Olivia has built her own successful coaching business in which she works with people in individual and group settings.

In 2019, Olivia introduced 'Recovery Skills and Support Groups' into three major public and private eating disorder treatment programs in Victoria. She is currently focusing her efforts towards making eating disorder coaching an essential part of the recovery process in Australia.

Olivia presented at the 2019 Australia and New Zealand Academy for Eating Disorders (ANZAED) annual conference on eating disorder coaching. She is looking forward to virtually co-presenting with Carolyn Costin at the International Conference on Eating Disorders (ICED) co-hosted by the Academy for Eating Disorders (AED) and ANZAED this June.

Olivia is an advocate for the Eating Disorders Genetic Initiative (EDGI) – the world's largest genetic investigation of eating disorders ever performed, that aims to identify the hundreds of genes that influence a person's risk of developing anorexia nervosa, bulimia nervosa and binge-eating disorder, to improve treatment, and ultimately, save lives.

"Understanding the genetic code behind eating disorders will hopefully enable the development of new and more personalised treatments for patients," said Olivia.

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MEDIA ENQUIRIES: Kirsten Bruce, Mel Kheradi and Holly Hamilton Green

VIVA! Communications

T 02 9968 3741 | 02 9968 1604

M 0401 717 566 | M 0421 551 257 | M 0434 789 839

E kirstenbruce@vivacommunications.com.au

mel@vivacommunications.com.au

holly@vivacommunications.com.au