

CURRICULUM VITAE



Name: **MARIA LEONOR TOMÁS DIAS DE ASSUNÇÃO SÉRIO BRANDÃO**

Address: **Av. da Marginal, Condomínio Polana Village, House 3**

Nationality: **Portuguese**

Date of Birth: **27 June 1972**

Telephone: **+258 843 981 979**

E-mail: mariahadidas.md@gmail.com
leonorassuncao@insite.co.mz

FREELANCER WRITER

PROJECTS

MARIA@DIAS (Since 2023) – dedicated to writing and developing creative and genuine ideas.

Position: Founder & Content creator.

Functions: Project and content developer.

Activity summary:

- Development of the company website to showcase my work www.maria-dias.net
- Publication of Podcast Crescer – aiming at stimulating the critic thinking of parents, adolescents, and young adults about sensitive topics, considering a factual approach.
www.youtube.com/@Crescer_MariaeLigia
- Collaboration with Right for Education; MzNews and Diario Economico. Examples of publications by these Organizations may be found in the following links:
[Food Safety vs Food Security - Right for Education](#)
[Food Losses and Food Waste • 360 Mozambique](#)
[No rótulo é que está o saber](#)
[Conteúdo Local: Valorizar o Que Temos de Bom • Diário Económico](#)
- Technical book “Da Machamba à Mesa em Cabo Delgado” developed in the scope of PROJETO MAIS EMPREGO EM PARCERIA PÚBLICO--PRIVADA PARA O EMPREGO DOS JOVENS EM CABO DELGADO (+EMPREGO) financed by the European Union and co-financed and managed by Camões, I.P. :
[Revista Xonguila](#)
- Publication of travelling features in MD website:
[Travelling EN - Features EN | Maria@Dias](#)
- Book in progress

Memberships:

- Member of the Internacional Association of Professional Writers & Editors.

- Member of the Society of Authors.

PROFESSIONAL TRAINING (Certificates may be provided under request)

“TECHNICAL WRITING ESSENTIALS” - <https://alison.com/certification/check/be74254aa8> (2025)

“FREELANCE AND TRAVEL WRITING COURSE” – 12 LESSONS; Diploma with Distinction by the *London School of Journalism*, Online - [Freelance and Travel Writing Course | London School of Journalism \(lsj.org\)](https://www.lsj.org/courses/freelance-and-travel-writing-course) (2022-2023);

“BEGINNER TO PRO PHOTOGRAPHY COURSE” - 4 days; DL PHOTO; Cape Town/RSA (2022)

“CREATIVE WRITING WORKSHOP” – 25 TECHNICAL SESSIONS (2019/2020) and support to write a book (since 2020). Pedro Chagas Freitas (PFC). Online

NUTRITIONIST

PROJECTS:

NUTRICONSULT/INSITE (Since 2010): Consultancy, auditing and training services related to the implementation and certification of companies towards international standards. Please access the website for further information. www.insite.co.mz.

Position: Founder Partner & Administrator.

Functions: Definition of the company strategy; business administration and development; senior consultant for nutrition and food safety, and other strategic projects.

Activity summary:

- Promotion of a strategy strongly focused on Mozambican Companies development.
- Definition and implementation of a company culture and working methods that are adapted to the local context and have proven to be successful. The company therefore enjoys a good reputation in the market.
- Promotion and development of Mozambique’s Local Content, namely facilitating the comprehension of, and access to, implementation and certification of processes towards international standards.
- Project manager and/or Senior Consultant for the contracts listed in [Annex 1](#) in this CV.
- Speaker at the conferences listed in [Annex 2](#) in this CV.

HIGEST MOÇAMBIQUE (2006 – 2010): Agro-Industry producing feed, day old chicks and frozen chicken.

Position: Logistics Manager (2009-2010);

Commercial Manager (2006–2009)

Quality Management structure developer

Functions:

2009 – 2010: Negotiation with suppliers; preparing the company's purchasing plan; acquisition of raw materials from Mozambique, Portugal and South Africa; logistics management - distribution of products to stores and retailers, acquisition of chickens from Clients and of raw and subsidiary materials from local suppliers.

2006 – 2009: Sales promotion – revenue increased four times from 2006 to 2009; elaboration of *Budgets* and sales reports to company Board of Administration; overture of new company stores and retailers; client accompaniment, namely performing technical assistance and training on Hygiene & Biosecurity to poultry farmers; development and improvement of company relationship with other public and private entities and with the community.

2006 – 2010: Organization and implementation of the Quality Management infrastructure in the company, including: definition of quality criteria and operational procedures; awareness and training of employees to implement the defined quality procedures; design and implementation of customer satisfaction studies; internal assessment of quality of marketed products (Food Safety & Hygiene and Nutritional adequacy). (2006 to 2010 – alongside duties performed in other positions).

Highlights:

- **National Forum of Aviculture** – concept development and implementation of a forum meant to bring stakeholders, including national producers, to discuss the market and industry development and latest production technics. This event was launched in 2008 and was counting with the participation of around 300 persons / year up to 2011.
- **Product development** – collaboration in the process of developing the brand “Nacional” for frozen chicken produced by the Company. My collaboration included: definition of product and package quality criteria; opening sales channels; diversification of the range of products offered by the company.
- **Development of Local suppliers** – awareness and training of suppliers to comply with the Company quality criteria. I managed to have a base of local suppliers of Maize produced locally that were able to supply the product with the required specifications to use in feed production.

EUREST PORTUGAL (1997 – 2005): Catering Services for Public and private Organizations (Member of COMPASS Group PLC).

Position: Operations Manager for the Restaurants of Motorway Service Areas of the North Region of Portugal (2004- Dec. 2005);

Operations Manager of Social and Businesses Catering Units of the North Region of Portugal (1999–2004)

Collaboration with Quality Department and Commercial Department (1997-1999)

Resident Nutritionist at *Hospital Sr^a da Oliveira*, Guimarães – Portugal (1998 – 1999)

Manager of the Catering Unit of TEXA’S INSTRUMENTS (ISO Certified) (1998)

Resident Nutritionist at *Centro Hospitalar de Vila Nova de Gaia*, Portugal (1997-1998)

Functions:

1999 -2005 - Coordination and supervision of operations in the restaurants of 5 Motorway service areas, and in several Public Hospitals, Schools and Private Companies. Outline strategies to increase sales; develop and implement new concepts and products to attract new customers; develop surveys to evaluate the impact of new products and services on customer number and satisfaction; prepare annual budgets and supervise sales and cost management to guarantee budget accomplishment. Quality Management supervision in all operational units, including verification of procedures to guarantee Hygiene and Food Safety standards; evaluation of Nutritional adequacy; Clients and customers complaints management; human resources recruitment and training. Events promotion, including elaboration of suitable proposals, logistic coordination and implementation of the event.

1997-1999 - Collaboration with the Quality Management Department namely planning and implementing training sessions on Hygiene and Food Safety and Nutrition for the workers of EUREST operational units; audits planning and implementation; preparation of technical specifications to be included in commercial proposals.

1998 – Operations Management in TEXAS INSTRUMENTS, an ISO 9001 certified Company; Implementation of operational procedures, from raw materials acquisition to meals distribution.

1997 - 1999 – while resident nutritionist, ensure quality control of services provided by Eurest Portugal to *Centro Hospitalar de Vila Nova de Gaia* and *Hospital Sr^a da Oliveira*; ensure strict compliance with Company operational procedures; client management, including complaint management; team training in Hygiene & Food Safety and Nutrition.

SONAE-COMÉRCIO E SERVIÇOS (1996 – 1997): Goods distribution and commercialization of consumer products.

Position: Trainee in the Quality Control Department

Functions: Review of technical specifications of food products sold in the hypermarkets; elaboration of training manuals for food handlers; elaboration of contents of informative brochures on food quality to distribute to customers; co-trainer of hypermarket section managers; member of the Quality Control Team at Modis (SONAE distribution company) – quality inspection of goods to sell.

SCHOOL AND SOCIAL CENTRES (1996 – 1997):

Position: Trainee in the following institutions:

- **CENTRO SOCIAL PAROQUIAL N^a SR^a DA VITÓRIA (Social Centre)**

Functions: Develop and implement a training course in Quality Management (20 hours) for unemployed.

- **CENTRO SOCIAL PAROQUIAL ST^a COMBA DÃO (Elderly Nursing Home)**

Functions: Develop and implement a training course in Hygiene & Food Safety (18 Hours) for food handlers and employees of the Canteen; survey of working conditions, including assessment on the adequacy of equipment and procedures used considering Hygiene & Food Safety standards.

- **ESCOLA SECUNDÁRIA DO MARCO DE CANAVEZES (Public School)**

Functions: Organization of a food education workshop, under the topic “Healthy Diet” for school aged children.

“VAMOS COMER MELHOR NO PORTO! POR UMA RESTAURAÇÃO DE QUALIDADE” (February – March 1995)
- Partnership of *Faculdade de Ciências da Nutrição e Alimentação da Universidade do Porto* and *Câmara Municipal do Porto* ("LET'S EAT BETTER IN OPORTO! FOR A QUALITY CATERING SERVICE"- Partnership of the Faculty of Nutrition and Food Sciences of the University of Porto with Porto Municipal Council.

Position: Enquirer

Functions: Collaboration in the protocol Let's Eat Better in Oporto! – For a Quality Catering Service” developed by the Oporto University (Nutrition Department) and the City Hall – survey of the sanitary and hygiene as well as technical and functional conditions of the restaurants in the city of Oporto.

HIGH EDUCATION (Certificates may be provided under request)

POS-GRADUATION COURSE IN HYGIENE AND FOOD SAFETY - *Escola Superior de Biotecnologia da Universidade Católica Portuguesa, Porto/Portugal* (2003)

HONOURS DEGREE IN NUTRITIONAL SCIENCES – *Faculdade de Ciências da Nutrição da Universidade do Porto, Porto / Portugal* (1998)

PROFESSIONAL TRAINING (Certificates may be provided under request)

“FORMAÇÃO PROFISSIONAL DE AUDITOR ISO 22000:2018 - SEGURANÇA ALIMENTAR” (course on “Professional Training for Iso 22000:2018 Auditors – Food Safety”) – 5 days; APCER, Online/Portugal (2025)

“ISO 9001 LEAD AUDITOR” COURSE – 5 days; *Tuv Rheinland, Pretoria/RSA* (2011);

“FORMAÇÃO DE FORMADORES” (training of trainers) – 5 days; *Soluções Qualidade, Maputo/Moçambique* (2011);

“GESTÃO FINANCEIRA PARA NÃO FINANCEIROS” (financial management for non financial professionals) – 21 hours; *Associação Empresarial de Portugal, Porto/ Portugal* (2005);

“HACCP - CURSO DE FORMAÇÃO PROFISSIONAL EM ANÁLISE DE RISCOS E CONTROLO DE PONTOS CRÍTICOS” (professional training in Hazards Analysis and Control of Critical Points) - 40 Hours; *Centro de Formação e Informação da Escola Superior de Biotecnologia da Universidade Católica Portuguesa, Porto/Portugal* (2004)

“NEGOCIAÇÃO INTERPESSOAL E COMERCIAL” (Interpersonal and commercial negotiation) – 16 hours; J. Cotrim for Eurest Portugal, Porto / Portugal (2002)

“CONDUÇÃO DE REUNIÕES COM CLIENTES” (conducting meetings with clients) – 16 hours; J. Cotrim for Eurest Portugal, Porto / Portugal (2002)

“GESTÃO DA ASSERTIVIDADE” (assertiveness management) – 40 hours; J. Cotrim for Eurest Portugal, Porto / Portugal (2002)

“LIDERANÇA MOTIVACIONAL” (motivational leadership) – 16 hours; J. Cotrim to Eurest Portugal, Porto / Portugal (2001)

“GESTÃO DA QUALIDADE TOTAL E CERTIFICAÇÃO DE EMPRESAS” (Total quality management and certification of companies) – 100 Hours; *Centro de Formação e Informação da Escola Superior de Biotecnologia da Universidade Católica Portuguesa, Porto/ Portugal* (1997)

PERSONAL SKILLS AND COMPETENCES

LINGUISTICS

Native Language: **Portuguese**

Other Languages: **English (independent user); French (basic user)**

TECHNICAL SKILLS AND COMPETENCES

Informatics - computer user knowledge:

Windows – frequently used tools: Excel, Word, Power-Point, Outlook, Internet.

PHC and Pimavera – Management informatics system

Management - Experience consolidated in the business environment.

Use and development of quality control tools - practical application of knowledge acquired during academic training, Post Graduate studies and throughout the years of work experience

SOCIAL AND ORGANIZATIONAL SKILLS:

Ability to communicate and integrate multicultural environments. Competences acquired by being part of different social groups, namely family, friends, school and university colleagues; living in different cities (Lisbon, Porto and Maputo - from 2006); travelling, and socializing and working with people from very different social and cultural environments.

Organizational skills and competences acquired essentially in the academic and business contexts. Analysis, negotiation and leadership skills highly developed because of professional training and experience.

ADDITIONAL INFORMATION:

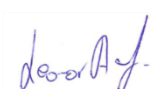
- Member of the Administration Board of Lycée Gustave Eiffel of Maputo (Jun 2018 – Dec 2019)
- Supervision of Nutrition trainees (2012) – master's in nutrition from Lurio University (Nampula)
- Member of the Board of Students Association of the Faculty of Nutrition Sciences for 4 years (Post of Vice-President – 1 year; Responsible for Treasury – 3 years): member of the committee for the organization of Cultural events, seminars and workshops.
- Member of the Executive Committee to the organization of Queima das Fitas do Porto – celebration organized by Oporto Federation of (Students) Associations involving the enthusiastic participation of most university students and other city habitants (in fact this event counts with the participation of thousands of people annually). Responsible for fundraising and sponsors management, quotes evaluation, activities marketing and publicity, invitations management and organization of two program events.
- Musical Education – from 2 to 14 years old (Colégio Academia de Música de Stª Cecilia, Lisboa).
- Favourite Hobbies: Reading (Historic novels, biographies and scientific fiction), Writing, Travelling, Cinema, Listen to Music (Classic/Light/Pop 70-90).
- Driving License.



ANNEX 1

Contracts awarded to InSite where I was the project manager and/or Senior Consultant for food safety and nutrition:

- **UNICEF** - Technical and scientific support to develop and prepare for a research study to generate evidence on alternatives for acute malnutrition treatment (Jun 2023 – Dec 2024)
- **TECHNOSERVE (TNS)** – Developing good practices guides for the hatchery, breeders farm and abattoir of an integrated aviculture unit, located in Cabo Delgado (Nov 2022 – Jun 2023).
- **GIZ (INAE)** – development of the Guide for Inspectors and Economic Agents in Mozambique (Out 2017 – May 2018);
- **WFP/PMA** - Cost-Efficiency Assessment for Local Production of Fortified Pre-cooked Porridge (Aug 2017 – Mar 2018)
- **WFP/PMA** – Training in Quality Control and Good Practices in Food Fortification (National Flour and Oil Industries) (Aug-Dec 2016)
- **DELOITTE (MISSAU)** – Independent Verification of the Providers of Nutrition Services Based in the Communities in the Provinces of Nampula, Cabo Delgado and Niassa (Feb 2016 – Aug 2017)
- **DELOITTE (MISSAU)** – National evaluation of the Program “Geração Biz” (Sexual education and health promotion program financed by UNFPA – 11 Provinces) (from Apr 2016 – Jun 2016)
- **UNICEF (MIC)** – Evaluation of the Iodized salt production in Mozambique (Jan – Apr 2014); elaboration of manuals for salt production and inspection good practices; training of producers and Government Inspectors in Quality Control and Good Manufacturing Practices in the Salt Industry (from Jun 2015 – Dec 2015).
- **GAIN** – Mozambique Community Mobilization project – Project Appraisal Mission (May 2013); elaboration of business management plans for small food industries 2014/2015 and 2016; Training of members of the Community of Practices of the Nutritious Food Marketplace in Quality Control and Food Safety (2014/2016)
- **HOTEL CARDOSO** – Training in Hygiene and Food Safety (Apr 2013)
- **HOTEL RADISSON** – Audit and Training in Hygiene and Food Safety (Jul. 2013)
- **TVCABO** – Training in Process and Quality Management (Apr 2013)
- **KPMG** – Training in Business Process Management in cooperation with KPMG (Apr 2013)
- **MCNET** – Internal Audit in ISO 9001:2008 to prepare the Certification audit; (Mar 2013)
- **TEIXEIRA DUARTE (Hotel Avenida)** – Training in Quality Management (Aug 2012)
- **TOPACK** – diagnostic Audits and Quality Management Consultancy (ISO 9001 Certified Company). (Since Jun 2011); FSSC - 22000 development and implementation (Aug 2012- Jun 2013)
- **TECHNOSERVE / AGRIFUTURO** – Support to the development of agroindustry projects / value chain improvement; common projects monitoring and reporting; training in Hygiene & Food Safety and Nutrition for project managers and collaborators; development and support on implementation of ISO 22000:2005 in a Cashew processor (Aug 2012).
- **IPEME** – Training in Quality Management for small and medium scale entrepreneurs (Out. 2011)



ANNEX 2

List of conferences where I was a speaker.

- 3rd Nutrition National Congress/ Food Safety and Nutritional Security – Nampula, 2018 (UNILURIO) - Member of the Scientific Council, participating in the evaluation of Scientific Works presented to the Congress.
- Mozambique Gas Summit/Local Content Day – Maputo, 2017 - *Enabling an Environment for National Companies & SMEs to Prosper in Mozambique*
- National Conference on Local Content – Maputo, 2017 (ENH) - *Certification as a requirement and framework to enable SMEs to supply large Contractors*
- 2nd Nutrition National Congress/ The Food Industry in Mozambique – Nampula, 2016 (UNILURIO) – *Quality, Hygiene, Food Safety and Legal Inspection in the food Industry* (Discussion Moderator)
- Round of National Conferences about Local Content – Maputo, Sofala, Cabo Delgado, Nampula and Tete, 2015 (CTA) – *Awareness on Management Systems implementation and Certification relevance and benefits*
- Local Content National Conference – Maputo, 2015 (CTA): *Certification – Minimum requirements, process and benefits*
- 1-hour lecture for members of the Nutritious Food Marketplace – Maputo, 2014 (GAIN) - *Critical Aspects of Food Production in Mozambique - Importance of Good Manufacturing Practices and Food Quality and Safety Management Systems as a factor of business development.*
- 3-hour training – Maputo, 2014 (INNOQ and IPEX) - *Quality in Products Made in Mozambique* (raise awareness on the importance of the implementation of Quality Management Systems in national companies branded with Logo *Made In Mozambique* (40 participants).
- IoDMz Business Breakfast (2 hours) – Maputo, 2011 (IoDMz) - *Benefits of adopting practices of Quality, Environment and Safety Management* (50 participants).

