

Carola Becker

Strategic Wellbeing and Performance for Corporate Teams

The challenges and pressures people are facing these days show that a strategic focus on health and wellbeing is more essential than ever. It's time to change the way we think about nutrition and lifestyle: a balanced diet, active as well as passive recovery are key to better wellbeing and increased performance!

Carola develops engaging and inspiring programmes tailored around your needs to ensure sustainable success for your organisation. The programme includes sessions to ignite motivation for change plus private one2one sessions with individual team members.

Topics can include:

- How to Increase your Stress Resilience and Mental Fitness
- Optimum Nutrition for Energy and Wellbeing
- The Corporate Athlete - Eat and Live like a Winner
- Habit-forming and why Willpower doesn't work



CAROLA BECKER

THE NUTRITION COACH

EAT / WORK / LIVE / PERFORM

About Carola:

Carola is a forward-thinking nutritionist, fitness instructor, and international Speaker. Her focus lies on brain health and performance. All of her work is based on the latest exercise and nutrition science as well as years of experience with individuals and corporate clients.

During lockdown in 2020, Carola conducted a worldwide study on the impact of nutrition and lifestyle on mental health with a focus on the shifts people went through when working from home.

She works with leaders and teams, designs wellbeing concepts for organisations that empower people to take responsibility for their way of eating and living - for better stress resilience, a healthier way of working and an important impact on your organisation's bottom line!

You can find more information about Carola's work on her website

www.carolabecker.com



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