



Carola Becker

THE NUTRITION COACH

2022 Media Kit

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**CAROLA BECKER**

THE NUTRITION COACH

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EAT / WORK / LIVE / PERFORM

"I've decided that's she's a magician!"

- Emily Covey

[www.carolabecker.com](http://www.carolabecker.com)

# About me



## Eat well, live well - perform better

It's time to change the way we think about the way we eat and live - a balanced diet and active as well as passive recovery are key to better wellbeing and increased performance!

Carola is a forward-thinking Nutritionist, Fitness Instructor, and international speaker. Her passion is mental wellbeing and brain performance, all her work is based on the latest nutrition and exercise science.

She helps her clients make game-shifting changes to their mental and physical health: more energy, better stress resilience and cognitive performance. 'It's not about a number on a scale, my focus is your health.' Her personal coaching programme kick-starts the adoption of new habits which lead to ongoing positive lifestyle changes. Her approach extends far beyond willpower and contributes to a 96% success rate amongst clients. The programme is fully tailored around the individual and can be delivered anywhere in the world.

For her corporate clients, Carola designs workplace wellbeing programmes and develops engaging sessions tailored around the needs and challenges of her audience to ensure sustainable success. The programme includes workshops to ignite motivation for change plus private one2one sessions with individual team members. The challenges and pressures people are facing show clearly that a strategic focus on health and wellbeing is more essential than ever!

As a speaker, she has been delivering cutting edge, inspirational and engaging sessions on Nutrition and Lifestyle for organisations in the UK, Europe and overseas.

Together with Dr Vikki Barnes, clinical psychologist, Carola runs award-winning wellbeing retreats and corporate away-days in amazing locations all over the world.

In her free time, she likes to read and try new recipes, her partner Martin being her harshest critic - if he likes it, she can send it to her clients! Her passion is exercise, she is an early riser and loves being outside, preferably cycling on the country lanes of her home in Devon, UK.

Please visit her website for more information and connect with her on LinkedIn, Instagram and Twitter.

# Highlights

## Teams

Team sessions and one2one's for members of an organisation will cover nutrition, recovery, and habit forming to help you and your teams achieve better stress resilience, and increased mental and physical health.

Programmes can be delivered for teams of all sizes and include confidential one2one sessions with each team member.

## Speaker

Carola's enthusiasm and unique style create a space of comfort and inspiration. No fads, just facts. No preaching, just down-to-earth and easy-to-follow ideas on how to live well!

Bridging the gap between knowledge and understanding will help you make changes that last!

## Coaching

Over the years Carola has been working with hundreds of clients to help them achieve their health and wellbeing goals.

Her experience and fully personalised approach, combined with motivation and positive accountability will help to make enjoyable changes and form habits that last forever,

## Award-winning Retreats

Carola Becker and Dr Vikki Barnes are the "wellbeing dream team"! Dr Barnes is a clinical psychologist and wellbeing consultant. Both ladies are experts in their field and passionate about making wellbeing part of your daily life. Together they run wellbeing experiences and corporate away-days in the UK and worldwide.

Join one of their retreats and walk away with a wellbeing toolbox that supports your body and mind every day!





'We are getting used to being perpetually stressed. Most people don't even realise how stressed they are until they feel better!'

- Carola Becker

## Praise & Testimonials

'For any business that invests in and engages in training for their staff or provides facilities for them to keep fit and well, I would highly recommend speaking with Carola to hear the value she can add to your business and staff.'

- Paul Siely, Centre Manager Land Rover

'It was a hugely thought-provoking and insightful talk, generating lots of discussion. Full of easy to adopt tips, I would highly recommend Carola if you're looking for an interesting speaker at your next event.'

- R. Guyat

'Carola is so easy to listen to and such a friendly, knowledgeable guide. Her advice on staying healthy is very up-to-date and scientifically researched.'

- K. Owen

'While listening to you talking everything you said made sense and I can understand how our food intake is associated with the way we feel'

-Richard Carpenter

'I have really noticed that I am thinking about what I am putting into my body - I wanted to feel better mentally and have more energy, but I also noticed less anxiety alongside healthy eating, better hydration, and exercise. This was a brilliant programme!'

- Amy Tighe

'Learning about nutrients has helped me make better food choices. This coupled with the physical and mental exercises has really improved my wellbeing! Thank you!'

- Alison Blackburn

'Carola grabbed my attention immediately, not only because of her passion and enthusiasm, her vast knowledge and understanding of how the body works and what it needs to stay healthy and well but also because of her unique style in getting such important information across in a fun, engaging and understandable way.'

- Dr Vikki Barnes

'Carola is extremely knowledgeable about nutrition and presents information in a very digestible way (excuse the pun). I would definitely recommend Carola to anyone seeking no-nonsense guidance on nutrition and well-being.'

- Richard Wain

'To be the best leader I can be for my people, taking some time to reflect, recharge and recalibrate is not an investment in me but them too. Thank you, Carola and Vikki, for great 3 days absorbing your knowledge and wisdom in beautiful surroundings.'

- Alison North, Director Internal Operations

**For more information about her topics or to book her, please email:  
[info@carolabecker.com](mailto:info@carolabecker.com)**

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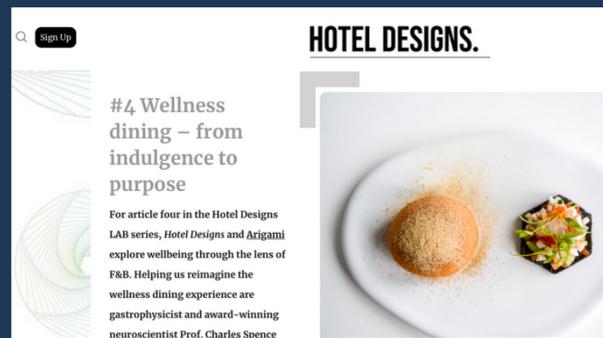
# Media, Podcasts, etc



## Hoteliers Guild - Forum of Dialogue (page 66)



## Hotel Designs - From indulgence to purpose



## Ben Morton Leadership - Podcast



## Devon Life - Sifting through the sugar maze



## Sanj Surati - Tigerheart Chats





# Get in Touch

Connect with Carola today and book her for:

- Speaking Engagements
- Media
- Collaborations
- Coaching for Teams
- Coaching for Individuals

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