

Carola Becker

Leading Nutrition and Wellbeing Expert

Masterclass Facilitator & Speaker



'I would highly recommend Carola if you are looking for a speaker'
- Rachel Guyat, SWVACC

'A unique style in getting information across in a fun and engaging way'
- Dr Vikki Barnes



'Eat, Live, and Become a Corporate Athlete'

Carola is a forward-thinking nutritionist, fitness instructor and international speaker. She has founded Carola Becker - The Nutrition Coach, is a positive change integrator, and is excited about teams and what they can achieve together.

Her passion is mental wellbeing and brain performance. She works with corporates and individuals and helps them achieve more by eating better and living well. She is an author and online course creator and runs award-winning corporate away days in amazing locations worldwide.

Carola is a regular contributor to the media, making science 'digestible' for her audience, and giving them easy-to-follow steps everybody can implement immediately in their fast-paced lives!

As a speaker, she has delivered cutting-edge, inspirational, and engaging sessions on nutrition and lifestyle for organisations in the UK, Europe and the US.

Carola's Signature Topics

The Corporate Athlete 2.0 – food and lifestyle for peak performance

Discover how you will increase mental alertness, razor-sharp concentration, improved memory. Learn which foods and exercises support your lateral thinking, and explore the strategies to form bulletproof habits.

Mental Health - the easy steps you can take to help your brain

Based on Carola's cutting-edge study, she will share how small changes to your diet and lifestyle will affect your mood, keep you calmer, more energetic, focused, and overall happier!

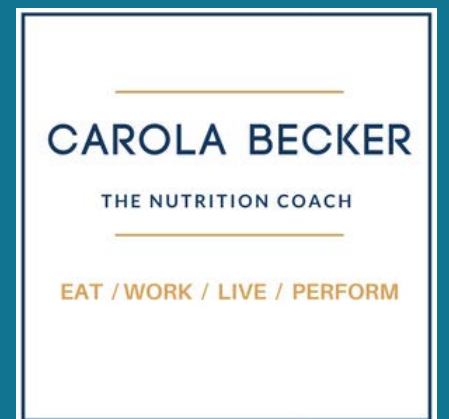
Stress - eat well and live well for a calmer life and quicker recovery

Nutrients, gut health, and active as well as passive recovery are crucial for better stress resilience. Taking proactive steps to support your body and brain every day will make a big difference to your wellbeing!





'Carola's webinar has immediately had a positive impact on my diet and understanding of what the brain needs in order to work effectively.'
- Richard Wain, Founder Vu Online



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Praise for Carola

'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. I would highly recommend Carola to anyone!'

- Dr Vikki Barnes

'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 Experience

'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, VU Online

'Carola's enthusiasm shows how much she cares about her topic'

- David Bridges, Operations Director
Ardmore

'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.'

- Rachael Guyat, SWVACC

**Carola can be booked for talks, presentations, workshops, or keynotes.
For more information about her topics or to book her, please get in touch:**

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Carola Becker - The Nutrition Coach

www.carolabecker.com