

CALIFORNIA-AUSTRIA WELLNESS GROUP STARING 1/5/2022

JOIN US NOW, LIMITED TO 8 PARTICIPANTS!





Focus on Health 2022

6-week US-Euro Wellness Program to get in shape for the New Year starts 1/5/2022

Topics:

- ✓ Stress & Anxiety Management
- ✓ Relationships Communication and Dating
- ✓ Nutrition & Weight Management
- ✓ Personal Health & Emotional Growth
- ✓ Executive Coaching

Duration:

- ✓ 6 weeks 1 meeting per week
- ✓ 10:00 am La Jolla 🌴 1:00 pm New York 🌴 7:00pm Vienna
- ✓ Please click [here for fees](#). This program might be partially covered by insurance. We accept Zelle, PayPal and most major credit cards.

Small intimate groups with maximum 7-8 participants

- ✓ Join us from anywhere in the world
- ✓ Language is English

Every week:

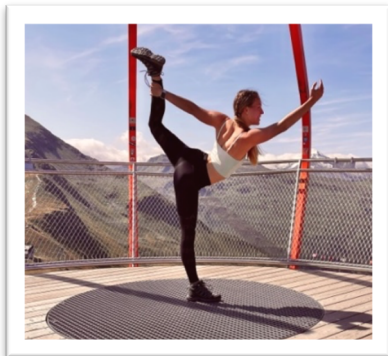
- ✓ 45 minutes personal development & emotional wellbeing- with **Dr. Ina von Ber, Ph.D., from La Jolla, CA** 🇺🇸
- ✓ 15 minutes nutrition and weight management – **with Melanie**
- ✓ 20 minutes exercises-- **live sessions with Melanie from Tyrol in the Austrian Alps** 🇦🇹

*Times might change to accommodate participants




Dr. Ina von Ber, Ph.D. has pioneered many national and international treatment programs which focus on dealing with stress, anxiety, OCD, depression, relationship and communication issues by using cognitive behavioral treatment strategies. She serves as doctoral faculty at UCSD, SDSU and Pepperdine University where she provides faculty supervision and training. For more information please visit www.drinavonber.com.

As president and CEO of the Ambassadorial Roundtable the only US based organization focused on connecting the diplomatic community with the private sector. She leads a multinational, multicultural team of talented professionals in cybersecurity, healthcare, IoT, IT, finance, education, defense and cultural diplomacy. She is an internationally recognized speaker on the importance of gender equality, women in diplomacy, and cultural diversity.



Melanie Spiegel is a former Austrian ski racer. After graduating from the 5-year high-school 'HBLA Ferrarischule' in Innsbruck, she completed a diploma as a fitness, personal, functional and health coach. She is currently working at the 'Interalpen Hotel Tyrol' in Buchen (Austria) as a personal and health coach. Furthermore she makes fitness courses in her village and offers personal training as well as nutrition coaching. In addition, she works as a ski trainer for youth ski races at the 'SV Oberperfuss' ski club.



		Personal Development & Emotional Wellbeing	Exercise	Weight Management & Nutrition	Austrian  Recipe of the Week
1. week	01.05 2022	Assessment & Goalsetting <ul style="list-style-type: none"> Welcome Group introductions Personal goals Professional goals 	Neurological Balance Training <ul style="list-style-type: none"> Posture and balance exercises Injury prevention Balance training 	Goalsetting <ul style="list-style-type: none"> Introduction personal diet and nutrition goals knowledge of healthy eating 	Recipe: curd rolls <ul style="list-style-type: none"> 1 egg 120 g thin curd cheese 40 ml almond milk 135 g plain spelled flour 16 g baking powder
2. week	1.12.2022	Personal Development <ul style="list-style-type: none"> Group Process & Feedback Focus: Positive Thinking (CBT) Self-esteem Emotional intelligence 	Mobile Me ☺ (stretching) <ul style="list-style-type: none"> Beathing exercises focus on respiration Mobilization exercises to warm up the joints 	Losing weight starts in the kitchen <ul style="list-style-type: none"> three macronutrients "Pure enjoyment - without a guilty conscience" 	Recipe: a quick breakfast <ul style="list-style-type: none"> 1 apple 50 g flakes 200 ml almond milk 50 g apple pulp 5 g Vanille sugar

			<ul style="list-style-type: none"> • Yoga & flexibility, reduce stress • Stretching 	<ul style="list-style-type: none"> • Cooking tips to prepare quick and healthy meals 	<ul style="list-style-type: none"> ▪ 1/2 tsp Ceylon cinnamon
3. week	1.19. 2022	Professional Leadership Coaching <ul style="list-style-type: none"> • Group Process & Feedback • Focus: Stress management • Communication • Team- work 	Strong Core <ul style="list-style-type: none"> • Mobilization exercises for a healthy spine and upright posture • Strengthening exercises for strong abdominal and back muscles. 	Permanent success <ul style="list-style-type: none"> • The importance of a good mindset to lose weight • What do I have to consider if I want to lose weight in a healthy and long-term way? 	Recipe: a Tyrolean 'Spinatknödel' <ul style="list-style-type: none"> ▪ 1 onion ▪ 3 eggs ▪ 250 ml almond milk ▪ 500 g bread cubes ▪ 600 g cream spinach ▪ 2 tbsp plain spelled flour
4. week	01.26 2022	Personal Development <ul style="list-style-type: none"> • Group Process & Feedback • Focus: Relationships • Control • Jealousy • I 	Tabata <ul style="list-style-type: none"> • Intensive interval training • 8 intervals of 20 seconds • improve fat burning • ideal for losing weight 	Austrian 'mountain food' <ul style="list-style-type: none"> • What are Europeans doing differently than Americans in terms of nutrition? • The importance of regional and seasonal foods in the Austrian Alps • food preparation with fresh fruits from the mountains 	Recipe: a healthy 'Kaiserschmarrn' <ul style="list-style-type: none"> ▪ 2 eggs ▪ 1 ripe banana ▪ 8 g bourbon vanilla sugar ▪ 100 ml almond milk ▪ 60 g plain spelled flour ▪ 1/2 teaspoon baking powder

5. week	02.02 2022	Professional Leadership Coaching <ul style="list-style-type: none"> • Group Process Feedback • Focus: Performance Anxiety • Virtual teams • Promotions 	Stomach, and Glutes Legs <ul style="list-style-type: none"> • Strengthening exercises for the whole body • to increase your energy level • to build muscles and get a fit body • for physical and mental health 	gut health <ul style="list-style-type: none"> • A healthy intestine helps you lose weight • Nutritional tips to support gut health • Strengthen the immune system 	Recipe: a tasty zucchini cake <ul style="list-style-type: none"> ▪ 300 g zucchini ▪ 100 g carrots ▪ 5 eggs ▪ 8 g vanilla sugar ▪ 100 g soft butter ▪ 50 g cocoa powder ▪ 100 g low-fat curd ▪ 150 g calorie-free sugar ▪ 50 g coconut sugar ▪ 1 tbsp cinnamon ▪ 350 g plain spelled flour ▪ 50 g grated almonds ▪ 16 g baking powder
6. week	02.09. 2022	Review of Goals Summary Group Process/Feedback <ul style="list-style-type: none"> • Focus: Review of Goals • Development Plan • Final Assessment • Adjourn 	Fit with Hiit <ul style="list-style-type: none"> • Release and mobilize • A hybrid class that alternates • Fat-burning exercise is designed to achieve caloric burn 	Energy storage and regeneration <ul style="list-style-type: none"> • Nutrition and recovery of muscle energy stores after an intensive workout • When and how often should I eat? The importance of proteins 	Recipe: Tunafish pizza <ul style="list-style-type: none"> ▪ 2 tins plain tuna ▪ 50 g plain cheese ▪ 2 tbsp grated mozzarella ▪ 2 eggs ▪ 40 g plain spelled flour