Psychologist MSc, nutrition and media psychologist

Ronia Schiftan



Ronia Schiftan, a trained psychologist with a Master of Science, specializes in the fields of nutritional psychology and media psychology. She is an expert when it comes to the intersection of health, society, digital technology and psychological aspects. In her lectures and seminars, Ronia focuses particularly on the impact of social networks on eating habits and mental health, especially among the younger generations Z and Alpha. She researches how social trends and technological developments influence our behavior. Ronia Schiftan's offerings such as workshops and lectures are always highly relevant as they address the increasing environmental pressures and stress we face…

Topics

Change-Management, Health & Nutrition, Megatrends & Education, New Work & New Culture, Resilience & Stress Management, Rhetoric & Communication, Society, Transformation & Digitalization, Transformation, Innovation & Technology, Trends, Future & Science

Languages

English, German

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