

## Lecture (45-60 min)

### Energy and recovery

Human beings are made to be very active at times and then have longer periods of rest and recovery. What happens to us when we take away the time for recovery and just keep on pushing ourselves?

How can we handle a busy schedule without losing the work life balance?

Is stress only bad for us or does it give us any advantages if we handle it properly?

This lecture focuses on how you can, with simple tools, create more energy and build resilience but also how to open your solution- focused mind to experience more joy in your everyday life.



### Lecturer Annika Klingström

Annika is a trained Personal Trainer, wellness therapist with a cognitive focus and dietary advisor. She has an elite sports career in basketball behind her and have been working many years as a physical trainer for basketball youth as well as holding lectures. Annika was the National head coach for of the Swedish Goalball national team (parasport for people with visual impairments) a few years back.



Annika has a fantastic ability to inspire her audience and offers energetic lectures, where she, with the support of facts and current research, offers her knowledge. She has previously worked for over 30 years at the Ministry for Foreign Affairs both in Sweden and abroad.

With her experiences from many directions, Annika inspires a desire to create a healthy balance and to build joy and well-being into life. She shares concrete keys and tools on how you can reach your health goals.