



Psychologist MSc, nutrition and media psychologist

## Ronia Schiftan

Ronia Schiftan is a psychologist MSc, nutrition and media psychologist and expert on the connections between health, society, digitalisation and psychology. In her presentations, Ronia Schiftan pays particular attention to the influence of social media on our eating habits and psyche, especially those of Generation Z and Alpha. She analyses the significance of social trends and developments and examines their impact on human behaviour. Her lectures and workshops are characterised by a particular topicality, as we are all exposed to negative environmental influences and stress. And with increasing frequency. Ronia Schiftan focuses just as intensively on social media and their...



### Topics

- Body Language
- Burnout / Resilience / Mental Health
- Change Management
- Digital Transformation / Digital Disruption
- Education
- Food Trends / Future Food
- Futurist / Think Tank
- Healthcare

### Languages

- English
- German

### Details & contact information

**Phone** +1 (704) 804 1054  
**Email address** [ronia.schiftan@premium-speakers.com](mailto:ronia.schiftan@premium-speakers.com)  
**Short link** <https://premium-speakers.com/en/?p=90828>