



**Lina Staffansdotter**

BEHAVIOUR AND SOCIAL  
SCIENTIST

## EDUCATION (SELECTION)

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**LPG Endermologie Therapist 2023**

Technovital

**UPW - Unleash The Power Within 2023**

Tony Robbins

**Mastermind Platform 2023 membership**  
ongoing

Tony Robbins and Dean Graziosi

Mental training & Mindset.

Online courses / Workshops / Masterminds

**Medical Laser Therapist 2022**

Irradia AB & Kristina Schöldström -

Medical Laser Forum

**Mindfulness and Meditation Guide 2022**

Shawn Fargo

**Coaching - Accelerated Business 2021 - 2022**

David Key

**Neuro-linguistic programming (NLP) 2021**

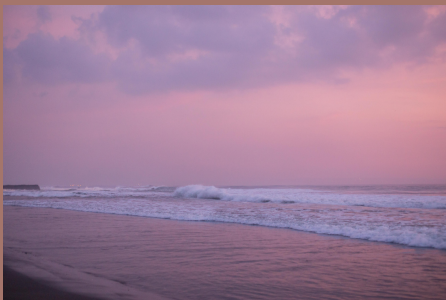
**Life Coach 2021**

David Key

**World Summit Virtual U.S.**

Tony Robbins and Dean Graziosi 2021

Full immersion mindset, workshops, coaching,  
business.





### **Project Next & Mastermind**

Tony Robbins and Dean Graziosi 2021  
Mental training & Mindset. Online courses /  
Workshops / Masterminds.

### **Own Your Future Challenge**

Tony Robbins and Dean Graziosi 2021  
Mental training, Mindset,  
Performance psychology, coaching,  
online courses, workshops.

### **New World New You Challenge**

Tony Robbins and Dean Graziosi 2021  
Mental training, Mindset, nutrition, coaching.

### **Nutrition coaching** Online course 2020

### **KBB - Knowledge Broker Blueprint**

Tony Robbins and Dean Graziosi 2020 Mental  
training / Mindset. Online courses / Workshops.

### **Cold Bath Therapy / Cold Immersion**

#### **Wim Hof** Course Workshop 2020

Cold exposure as a tool within wellbeing, stress  
relief, wellness. Theory and practice. Breath  
techniques. Final - an ice bath for 3.15 minutes.

### **Personal Mental Trainer** 2018 – 2019

MB Expander

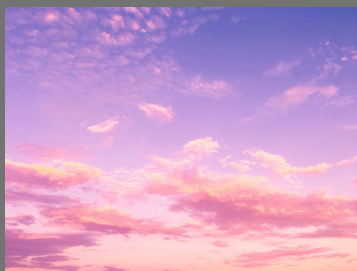
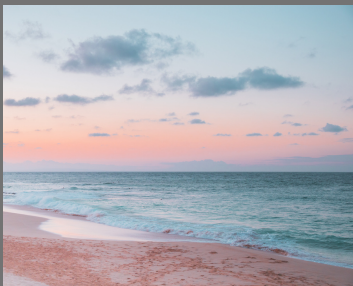
Theory and practise.

Coaching, leadership, mental training, mindset,  
performance, psychology, KBT, stress relief, goal  
setting, other techniques, theory and practise  
within wellness and health.

### **Mindfulness (MBSR)** 2019

LevNu

Mindfulness based stress relief.





## **Behavioural and Social Science** (Beteendevetare) 2011 - 2014

Lund University

Psychology

Pedagogy

Sociology

Sport & Exercise Psychology

Leadership,

Project Management &

Organisation

Marketing Psychology & Influence

Conversation & Interviewing Psychology

Recruitment & Selection

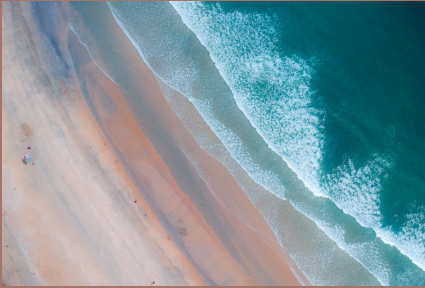
Bachelor Course:

Educational science,

Statistics & scientific method in psychology,

Statistics & data analysis,

Degree project & Thesis.



## **Nutrition, Stress & Life Balance** 2009

Private Nutrition & Wellness Coach

## **Masseur** 2008 - 2009

Hälsoteket -

The Academy for Medicational Education

Diploma in Classic Swedish Massage.

Theory,

Anatomy,

Physiology,

Massage theory,

Traineeship with clients,

Anamnesis,

Customer service,

First aid &

Cardiopulmonary resuscitation (CPR).

