



NASIRA
— INTERNATIONAL —

IN-PERSON SESSION FOR WOMEN

THE FEMALE BRAIN UNDER PRESSURE

How Stress, Mental Load, and Multiple Roles Affect the Female Brain



Dr. Nacera Belala

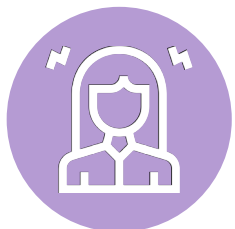
PhD in Sport-Neuroscience
Heidelberg University, Germany
MSc High Performance Sport

WHAT HAPPENS AT THE SESSION



THE FEMALE BRAIN

Understand how hormones, stress and lifestyle affect your brain and performance.



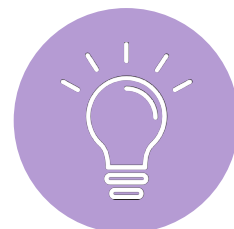
STRESS & MENTAL LOAD

Learn why women are more vulnerable to chronic stress and how to manage it.



MULTIPLE ROLES

Explore the impact of juggling work, family and personal responsibilities.



PRACTICAL TOOLS

Gain simple strategies to build resilience, improve focus and protect your well-being

5 OMR
PER WOMAN



SATURDAY 19.09.2026

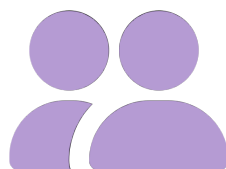


1:00 PM - 2:30 PM



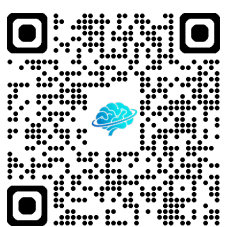
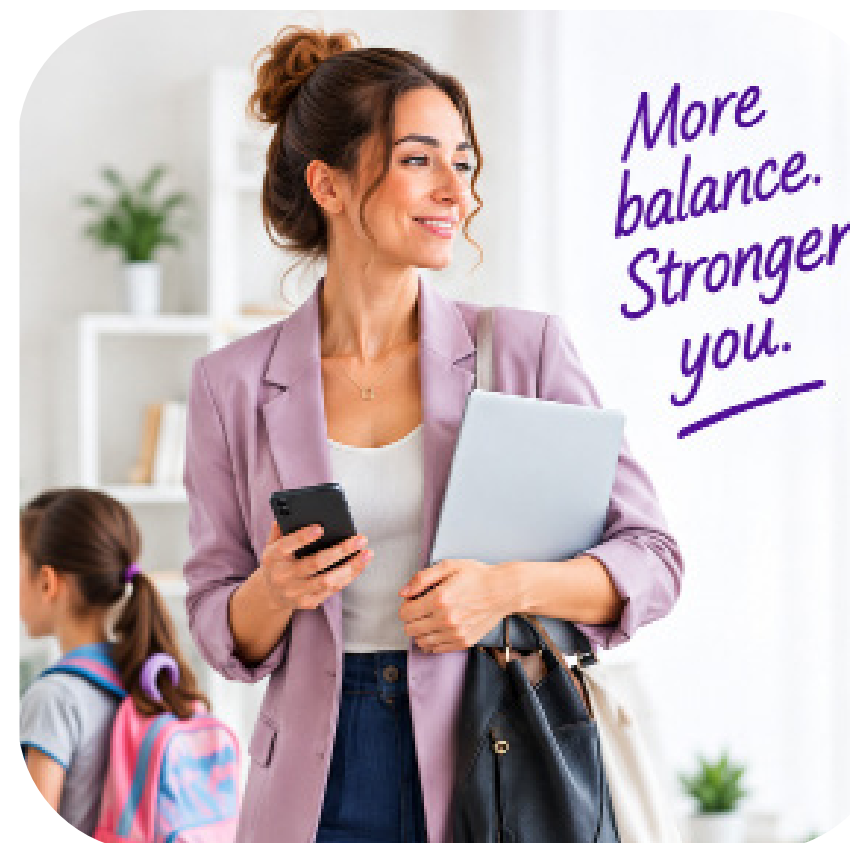
NASIRA Studio

Qurum Heights, Muscat



Stay for a personal
Q&A session with
Dr. Nacera after the talk

Your questions. Her Expertise.



RESERVE YOUR SPOT

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