

MARIA SUNDBERG, Ph.D., M.S.

E-mail: dr.maria.sundberg@gmail.com

Phone: +46 76 174 94 92

Living address: Rådmanngatan 17, 761 40 Norrtälje, SWEDEN

Date & Place of Birth: January 6, 1979, Östersund, SWEDEN

Family status: Married & Mother to a boy and girl

Nationality: SWEDISH

Driving License: B



EDUCATION & SCIENTIFIC EXPERIENCE

PRECISION NUTRITION – Toronto, Canada

Precision Nutrition Level 2 Certification: Master Class in Nutritional Coaching – May 2019

One year long Master class divided into 11 modules with daily lessons and weekly case studies. Extract of curriculum: building a coaching foundation; producing coaching knowledge; client-coach psychology; coaching communication; crucial conversations; from theory to action; habit-based coaching; developing mental skills; population-based nutrition coaching across the life cycle; food sensitivities; and supplementation.

Precision Nutrition Level 1, Certificate in Exercise Nutrition – March 2018

18 module course divided into two units, with the first part teaching the fundamentals of **Nutritional Science**, and the second **Nutritional Practice**. The second unit covered the following topics: what it means to be a good coach; how to prepare and interact with different clients; how to assess clients; how to know which approaches are best for which clients; how to meet clients where they are; and how to keep clients progressing from day one until they reach their goals

LIFE'S DRIVER'S LICENSE – Mora, Sweden

Certification in Personal Leadership – 2014 – 2015

12 module course on relaxation techniques, stress and stress management, mental training – the power of thought and visualization, self-knowledge, and self-image. How to set goals, make plans of action, and program oneself for goal achievement. Each module contained theory, reflection exercises, and relaxation training.

SWISS FEDERAL INSTITUTE OF TECHNOLOGY – Zürich, Switzerland

Doctor of Science – Promotion March 2012

Main field of study: Molecular biology with emphasis on protein- and carbohydrate biochemistry

Thesis: “Characterisation of debranching enzymes involved in starch biosynthesis in *Arabidopsis thaliana* leaves”

Publications:

Sundberg Maria, Pfister Barbara, Fulton Dan, Bischof Sylvain, Delatte Thierry, et al. (2013) The Heteromultimeric Debranching Enzyme Involved in Starch Synthesis in Arabidopsis Requires Both Isoamylase1 and Isoamylase2 Subunits for Complex Stability and Activity. *PLoS ONE* **8**(9): e75223. doi: 10.1371/journal.pone.0075223

Maria Sundberg (2012). Characterisation of debranching enzymes involved in starch biosynthesis in *Arabidopsis thaliana* leaves. Doctoral dissertation Swiss Federal Institute of Technology, Zürich, Switzerland. Diss. ETH Nr. 20355

Selected course work:

- **Practical Course in Advanced Microscopy**, ETH Zurich, 10-16 Jan 2009
Hands-on and lectures about: high resolution light microscopy, life cell microscopy, fine structure preparation in electron microscopy, immune electron microscopy, correlative microscopy, TEM and SEM tomography including cryotechniques
- **Functional Genomics: Introduction to Transcriptional Profiling and Proteomics**, ETH Zurich, 16-17 Oct 2008

ROYAL INSTITUTE OF TECHNOLOGY– Stockholm, Sweden

Licentiate of Engineering – Promotion November 2007

Main field of study: Molecular biology with emphasis on enzymology and heterologous protein expression

Thesis: “Production and engineering of a xyloglucan *endo*-transglycosylase from *Populus tremula x tremuloides*”

Publications:

Maria Henriksson (2007). Production and engineering of a xyloglucan *endo*-transglycosylase from *Populus tremula x tremuloides*. Licentiate thesis in Wood Biotechnology. Royal Institute of Technology, AlbaNova University Center, Stockholm, Sweden. ISBN: 978-91-71-78-776-7

Kathleen Piens, Maria Henriksson, Fredrika Gullfot, Marie Lopez, Régis Fauré, Farid M. Ibatullin, Tuula T. Teeri, Hugues Driguez, and Harry Brumer (2007). Glycosynthase activity of hybrid aspen xyloglucan *endo*-transglycosylase PttXET16-34 mutants. *Organic and Biomolecular Chemistry* **5**: 3971-3978 DOI: 10.1039/B714570E

Maria Henriksson, Tuula Teeri, Sven-Olof Enfors, and Mehmedalija Jahic (2007). Improvements of *Pichia pastoris* fermentation technique for production of recombinant proteins (Manuscript).

Selected course work:

- **Summer Course on Glycosciences 2006 – 9th European Training**, Wageningen University, Netherlands
- **NordForsk Network PhD Course on “Enzymatic Synthesis and Degradation of Plant and Microbial Cell Wall Polysaccharides”**, University of Helsinki, Finland
- **NordForsk Network Workshop on “Food and Bioresource Enzyme Technology”**, Danmarks Tekniske Universitet, Lyngby, Denmark
- **Swedish Wood Enzymology Workshop**, Uppsala University, Sweden
- **Economical Driving Forces in the Pulp- and Papermaking process**, Royal Institute of Technology, Sweden

Oral Presentations

Oral session on the 10th International Congress on Biotechnology in the Pulp and Paper Industry, June 13, 2007, Madison, Wisconsin, USA. “DESIGN OF A LARGE-SCALE PRODUCTION SYSTEM FOR XET – AN ENZYME USEFUL AS A TOOL FOR SURFACE MODIFICATION OF CELLULOSE” Maria Henriksson, Mehmedalija Jahic,

Andres Veide, Harry Brumer and Tuula Teeri, School of Biotechnology, Royal Institute of Technology, AlbaNova University Center, 106 91 Stockholm, Sweden

Honours and scholarships

- Invited as a young scientist to attend the “Marcus Wallenberg Prize” ceremony, December 2006 and 2007, Stockholm, Sweden. The prize is for scientific achievements within the forest industry and is accompanied by a one day symposia together with the top executives for this industry.
- Stipend to a young scientist from Kempe Foundations (Kempestiftelserna, 851 70 Örnsköldsvik, Sweden) for attending “**The European Forest-Based Sector Research Forum on: Innovative and sustainable use of forest resources**” November 9-10, 2005, Stockholm

ROYAL INSTITUTE OF TECHNOLOGY – Stockholm, Sweden

Master of Science in Biotechnology – Promotion April 2005

Main field of study: Biotechnology and molecular biology

Thesis: “Structure-function studies with a xyloglucan *endo*-transglycosylase from *Populus tremula x tremuloides*”

MID SWEDEN UNIVERSITY – Sundsvall, Sweden

Business administration and economics – 2001 - 2002

Accounting, business analysis, cost- and revenue analysis, finance, logistics, marketing, and organization.

HÄRJULFSKOLAN – Sveg, Sweden

Natural sciences and cross-country skiing academy – 1996 - 1999

Studies where combined with cross-country skiing training aimed at national competition level.

PROFESSIONAL EXPERIENCE

CROSSFIT NORRTÄLJE – Norrtälje, Sweden

Health coach – Nutrition and Lifestyle

BLANKENESE GYMNASIUM – Hamburg, Germany

Cross-country and Triathlon Coach – April 2017 – June 2018

Guiding boys and girls from age 10 to 15 the techniques of cross-country skiing, Nordic walking, running, and strength-training.

DR.MARIASUNDBERG – Hamburg, Germany

Self-employed advisor in exercise and nutrition & website owner – active since November 2014

- Speaker & Writer
- Trainer & Coach

SELECTED PROJECTS & WORKSHOP PORTFOLIO

INTERNATIONAL WOMEN'S CLUB OF HAMBURG - Hamburg, Germany

Speaker at Luncheon – July 2017

Title: “Can we look healthy on the outside but still be unhealthy inside?”

SWEDISH NATIONAL TEAM CROSS-COUNTRY SKIER MARIA RYDQVIST

Supervisor for overall book structure and advisor for scientific parts – 2016

Book about the challenges of female elite athletes – ranging from the physiological differences between men and women, hormonal health in women, exercise during pregnancy and motherhood.

FIT EVERYWHERE– Poznan, Poland

Advisor for Exercise and Nutrition & Senior Trainer – 2013 - 2016

- 3-Module-Workshop for increased and sustained health
 - **Title:** “How To Keep Fit, Strong, And Healthy”
 - Each module contained a theory session followed by an exercise session
- 12 week Weight-loss Workshop
- Runners! Workshop
 - **Title:** “How To Become Your Fastest And Strongest Runner – From Beginner, To 5K, To Ultra Marathons”

ACQUIRED SCIENTIFIC COMPETENCES & TECHNICAL SKILLS

- Carbohydrate analysis
 - High-performance anion-exchange chromatography (HPAEC-PAD)
 - Gel permeation
- Mechanistic Enzymology
 - Site-directed mutagenesis for structure-function analysis
 - Kinetic assays
- Microscopy and imaging techniques
- Molecular phylogeny, molecular biology, and heterologous protein expression
 - Prokaryotic cell cultures: bacteria (*E. coli*),
 - Eukaryotic cell cultures: yeast (*Pichia pastoris*), and plants (*Arabidopsis thaliana*)
- Protein analysis techniques
- Process biotechnology
 - Fed-batch fermentation
 - Downstream processing and protein purification

LANGUAGES

Swedish – Mother tongue

English – Fluent in writing and speaking

German – Advanced in speaking and intermediate in writing

French – Basic to intermediate knowledge

Polish – Basic knowledge