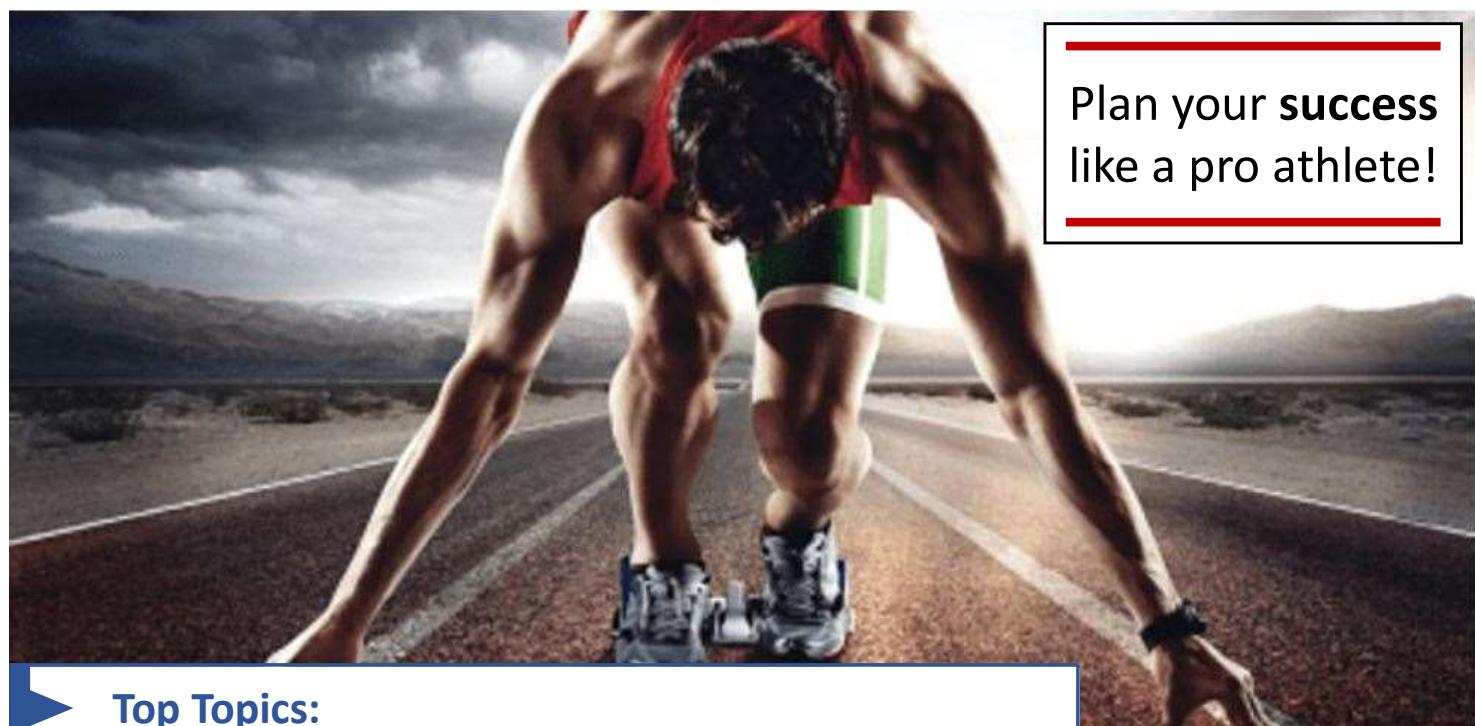


Get the most out of your work with techniques from professional sports.



Plan your **success**
like a pro athlete!

Top Topics:

- Understand your strengths and develop your competencies
- Gain the mental strength of a top athlete
- Get professional with targeted preparation
- Success Strategy Error Culture: What We Can Learn from Professional Sports
- What limits our performance and how to deal with it
- Energy management and hormones are key to success

We all know that success doesn't just happen. It's the same in sports as it is in business.

Your seminar leader: René Göldner, graduate engineer, project manager and triathlete



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General Informationen

Goal

It doesn't matter if it's a hobby sport or the Olympics: Winners, top performances and surprise successes are amazing, but they are not just luck. Success does not happen by chance. This applies to sport and work!

Knowing your own strengths, staying mentally strong and setting clear goals are all key to success in top-level sport. And they can also be applied to your career.

In both work and sport, where improvement, energy supply and focus are constantly important, a lack of this is immediately reflected in the results. "Winning and losing happens between the ears" describes when it comes to goal setting and corresponding focus, regardless of how big the goal is.

In this seminar, we will look at how top athletes approach everyday professional life. You will get a great understanding of the techniques and strategies that can help you excel in your day-to-day work and beyond, leading to outstanding results and long-term satisfaction.

To achieve success as a top athlete, it is essential to streamline the journey to your goal by avoiding unnecessary diversions.

It is crucial to consider topics such as energy consumption and supply, as well as hormone secretion, not only for professional athletes but for all individuals.

We want to benefit from this in our careers, that is why we go deep in the topic

Target audience (2 days)

- This is for anyone who wants to achieve more.
- You can book this seminar as an online format or in-house training course face-to-face. We would be happy to provide you with a personalized quotation.



Seminar Leader

Business coach, project manager, triathlete René Göldner, graduate engineer

René Göldner is an engineer with an American PMP qualification and a systemic coach and has led major projects for various industries around the world, including an international project for the German Federal Armed Forces. He has also been a university lecturer since 2010. Since 2017, he has been accompanying managers from medium-sized companies and listed corporations on their way to sustainable leadership. His focus is on methods for collaboration and project optimisation.

At the same time, he is a triathlete with international successes, including participation in the Ironman World Championship in Hawaii, German marathon champion in the 2018 team and numerous multi-day long-distance mountain races.

As a systemic coach, he takes a holistic approach and works in a goal and results oriented manner.

Why should you attend?

1. You will learn some great tools and methods from top-level sport, and you will also build up your mental strength.
2. After the seminar you will have a clear understanding of your core skills and values, enabling you to achieve your goals without any hiccups along the way.
3. You make sure you are focusing on the right things, asking the right questions and saving valuable resources.
4. You will learn to deal with errors in a more efficient way, turning them to your advantage in the future as professional sports athletes do.