



Endurance athlete, Entrepreneur & Content Creator

Marina Andresen

Marina Andresen has an extraordinary story to share. As an endurance athlete, entrepreneur, and content creator, she masterfully connects lessons from extreme sports to professional and personal success in her talks, focusing on discipline, resilience, and mental strength. Having completed 69 marathons, two Ironman triathlons, and several ultramarathons – including 100-kilometer races in some of the world's most challenging deserts – she embodies perseverance and determination. Her keynotes blend insights from her athletic experiences with strategies from her professional journey, inspiring audiences to push their boundaries and pursue their goals with focus and passion. Marina Andresen
Lecture topics Success Strategies...

Topics

- Athletics
- Burnout / Resilience / Mental Health
- Career / Profiling
- Change Management
- Extreme Sports
- Influencer
- Lifestyle
- Motivation / Strategy

Languages

- English
- French
- German

Details & contact information

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