



Journalist, Presenter, Author & Keynote Speaker with attitude

Sarah Valentina Winkhaus

Sarah Valentina Winkhaus – keynote speaker for motivation, self-determination & modern work culture. The German-Italian studied culture and business administration in Passau and Bologna, completed a traineeship at the public broadcaster Phoenix and was an early presenter of news formats such as “Vor Ort”. Her TV career took her via Sat.1, RTL, Sky und Sport1 to Italy, where she worked as a motorsport reporter for Sky Italia in Formula 1 – international, multilingual, right in the middle of it all. In addition to entertainment and journalism, Sarah has also established her voice as a speaker and podcaster. In her podcast...

Topics

- Burnout / Resilience / Mental Health
- Career / Profiling
- Healthcare
- Leadership 4.0
- Lifestyle
- Motivation / Strategy
- Society
- Work-Life-Balance

Languages

- English
- German
- Italian

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