

Adventurer & Ultra runner, Expert in Mindset & Resilience

Sascha Brandstötter

Sascha Brandstötter provides inspiration for a strong sense of self in turbulent times. He is an ultra-runner, resilience coach and keynote speaker for clarity and change. Sascha Brandstötter stands for transformation that does not come from a seminar, but from lived experience. His life is proof that change does not begin with a goal, but with a decision. With radical honesty. And with the willingness to pay the price. Self-destruction used to define his everyday life – today he stands on stage as a speaker who inspires people to take responsibility and push boundaries. Not because he had more talent,…

Topics

- Change Management
- Crisis Management
- Extreme Sports / Adventure
- Health / Nutrition
- Leadership
- Lifestyle / Longevity
- Motivation
- New Work

Languages

- English
- German

Details & contact information

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