



Three-time Olympic luge champion

## Johannes Ludwig

Johannes Ludwig – Olympic champion & top athlete, luge expert & TV commentator, police commissioner Johannes Ludwig is one of the most successful German winter athletes of recent decades. As a three-time Olympic champion and long-time competitive luger, he knows what it means to perform under extreme pressure – and also how to grow from setbacks. Today, he shares his experiences as a sought-after speaker and TV expert – authentically, inspiring and with a glimpse behind the scenes of top-level sport. Lecture topics by Johannes Ludwig Motivation and confidence in your own abilities How to believe in yourself – even when...

### Topics

- Burnout / Resilience / Mental Health
- Coach
- Motivation / Strategy
- Team Sport
- Work-Life-Balance

### Languages

- German

### Details & contact information

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