Extreme athlete, Entrepreneur, Speaker

Stefan Schlegel

Stefan Schlegel – extreme athlete, entrepreneur, and speaker, known from ZDF, Markus Lanz, BILD, FOCUS, and SWR – combines mental boundary experiences with entrepreneurial know-how and turns them into direct impulses for your business. Stefan Schlegel does what others consider impossible – and translates these experiences into powerful impulses for people and companies. He is considered the only person in the world who can boast such an athletic resume: he is a marathon and Ironman finisher and has successfully completed the “Race Across America” – the world’s toughest bike race covering 5,000 km in around 12 days with minimal sleep…

Topics

- Change Management
- Crisis Management
- Extreme Sports / Adventure
- Leadership
- Motivation
- Resilience / Mental Health
- Rhetoric / Communication
- Sports

Languages

- German

Details & contact information

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