

Ironman Age Group World Champion (Hawaii), Expert in Motivation & Resilience

Christian Haupt

Christian Haupt – From Ironman amateur world champion to inspiration for peak performance Christian Haupt stands for consistent action, mental strength and genuine leadership. In just five years, he achieved what hardly anyone thought possible: from non-swimmer to Ironman amateur world champion and professional triathlete. This extraordinary journey shows what happens when passion, clarity of purpose and discipline come together. Today, Christian applies his experience from top-level sport to the world of entrepreneurship and leadership. As a speaker, he inspires entrepreneurs, executives and teams to push boundaries, see setbacks as opportunities and achieve peak performance through focus and attitude. Christian...

Topics

Change Management · Crisis Management · Extreme Sports / Adventure · Health / Nutrition · Humour / Entertainment · Lifestyle / Longevity · Motivation · Resilience / Mental Health

Languages

English · German

Details & contact options

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