



Boxing World Champion & Sports Scientist

## Christina Hammer

Christina Hammer – The clear voice for high performance, mental focus and courageous self-leadership. As a multiple boxing world champion (WBO, WBC), sports scientist and successful entrepreneur, she combines knowledge from top-level sport with psychological clarity and practical life experience. Her mission: to empower people and organisations to remain productive, focused and resilient even under pressure. With her charismatic presence, Christina Hammer brings the principles of professional sport directly to the stage – determined, energetic and authentic. She inspires her audience with clear messages, real stories and practical tools. Her lectures are a wake-up call for more focus, self-leadership and...

### Topics

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

### Languages

- English
- German

### Details & contact information

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