



Expert Mindset, Focus, Resilience & High Performance; Athlete Mentor

Christian Lell

Christian Lell – World-class performance. Humanity with attitude. Christian Lell knows what it means to perform under maximum pressure. As a professional footballer, he was under contract with FC Bayern Munich, won German championships and DFB Cups, and played on both the national and international stage. Performing week after week – in front of millions of spectators, under constant scrutiny, with one clear requirement: perform, deliver, endure. Professional football taught him discipline, focus and motivation – but also the downsides of high performance: pressure to perform, public scrutiny and the feeling of always having to be stronger than you sometimes...

Topics

- Burnout / Resilience / Mental Health
- Career / Profiling
- Change Management
- Crisis Management
- Healthcare
- Leadership 4.0
- Lifestyle
- Motivation / Strategy

Languages

- English
- German

Details & contact information

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