



Sports Psychologist & High-Performance Expert

Chiara Behrens de Luna

Chiara Behrens de Luna is a sports psychologist in professional football, highperformance expert and international keynote speaker. She works closely with elite athletes, coaches, and leaders in high-pressure environments where uncertainty, change, and constant performance demands are part of everyday life. Her work sits at the intersection of mental strength, leadership, and personal development with one clear mission: enabling people to unlock their full potential, especially when it matters most. For many years, Chiara has supported teams and individuals on their journey toward peak performance. She combines evidence-based sports psychology with practical tools from elite football. Her expertise is not only...

Topics

- Ball Sports
- Burnout / Resilience / Mental Health
- Change Management
- Crisis Management
- Leadership 4.0
- Motivation / Strategy
- Team Sport
- Work-Life-Balance

Languages

- English
- German

Details & contact information

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