



Apnoe Diver, Extrem Sportsman, Speaker, Protector of the Oceans, Breath & Mental strength Coach, 14-time World record holder

## Christian Redl

Christian Redl has been a professional extreme athlete, world record holder, and ocean conservationist for more than 20 years. Prior to that, he spent many years working in the financial sector – first as an investment banker and subsequently in sales of alternative investments. He combines insights from these two worlds – the realm of extreme sports and the world of business – into compelling talks on operating at the edge, mental strength, motivation, and teamwork, as well as sustainability and ocean conservation. Fear creates limits. These limits need to be reduced or even dissolved – for companies, teams, or...

### Topics

- Burnout / Resilience / Mental Health
- Change Management
- Coach
- Crisis Management
- Extreme Sports
- Leadership 4.0
- Motivation / Strategy
- Neuromarketing / Brain Research

### Languages

- English
- German

### Details & contact information

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