



European Champion, Vice World Champion, Olympian & 3-times Sportswoman of the Year

## Ariella Kaeslin

### Sport is my Life

Ariella Kaeslin was a sports student at the University of Bern. In addition to sports, her areas of interest were psychology and social issues. As a pronounced woman of movement, almost no sport is foreign to her. She switches from the cross-country track to the badminton hall and from jogging...



### Topics

- Burnout / Resilience / Mental Health
- Motivation / Strategy
- Work-Life-Balance

### Languages

- English
- French
- German

### Details & contact information

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