



Extreme Athlete, Motivation & Willpower

Wolfgang Fasching

Wolfgang Fasching is one of the most successful extreme athletes in the world. He by no means attributes his top performances as a cyclist and mountaineer to physical strength alone. He is a multiple world champion in long-distance cycling races and also a mental "world champion". You will benefit from this as a listener or seminar participant! Wolfgang Fasching Lecture topics: With mental strength to success The power of thoughts and how they shape our lives Motivation You create what you want (The power of thoughts) Seven Summits (Experiences – Experiences – Knowledge) Confidence is a matter of the head!...



Topics

- Cycling
- Extreme Sports
- Lifestyle
- Motivation / Strategy
- Rhetoric / Communication

Languages

- English
- German

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