



Snowboard World Champion, Peak Performance Expert & Keynote Speaker

Cla Mosca

Cla Mosca – Mental Self-Management – Key Competence in the New Normal. Imagine being able to consciously control your energy, to reduce stress easily and quickly at any time within minutes, and to specifically call up a healthy performance. Even when the world around you is going crazy. Cla Mosca welcomes you to the New Normal. During an interactive lecture, he will show his audience why mental self-management is the number one key competence and which methods everyone can use to take responsibility for themselves. As a snowboard world champion in 1993, Cla Mosca experienced intensively what it is like...



Topics

- Burnout / Resilience / Mental Health
- Crisis Management
- Healthcare
- Lifestyle
- Motivation / Strategy
- Work-Life-Balance

Languages

- English
- German

Details & contact information

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