



Mountaineer, Explorer & Author

## Evelyne Binsack

Evelyne Binsack: A life for three poles – border crosser, professional mountain guide, speaker and bestselling author. Her more than 30-year accident-free professional biography, which includes several thousand expedition days in the most inhospitable regions of the world (and the crowning achievement of being the first Swiss woman to have made it to the summit of Mount Everest, the South Pole and the North Pole with her own muscle power), enables Evelyne Binsack to gain a deep knowledge of the physical, emotional and mental nature of human beings in competitive sports. Evelyne Binsack: The culmination of her expeditions are her...

### Topics

- Burnout / Resilience / Mental Health
- Extreme Sports
- Leadership 4.0
- Motivation / Strategy

### Languages

- English
- German

### Details & contact information

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