



Adventurer, Extreme Athlete - Expert Resilience, Motivation & Reaching Goals

## Anja Blacha

Anja Blacha: "I will push my limits to show everyone that there are none." The extreme athlete Anja Blacha fought her way alone with a sled weighing over 100 kilos over a 1400-kilometer distance through Antarctica to the South Pole in just 58 days – a historic record, because it was the longest "solo, unsupported, unassisted" polar expedition by a woman in history and at the same time Anja Blacha was also the youngest woman ever to succeed in such a polar expedition. When she reached her destination, she raised her flag with the message "NOT BAD FOR A GIRL"....

### Topics

- Change Management
- Event / Happening
- Extreme Sports
- Leadership 4.0
- Motivation / Strategy

### Languages

- English
- German

### Details & contact information

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