



Transformation Expert, Cycling Record Holder & Executive Sparring Partner

## Monika Sattler

Monika Sattler works with executives and teams who have to make decisions and take action under pressure, when complexity increases, motivation fluctuates, and results matter. As a two-time cycling record holder and initiator of the 124 Swiss Passes Challenge, she knows from her own experience what it means to lead demanding projects over months, build teams, and remain capable of acting under uncertainty, exhaustion, and pressure to perform. Monika Sattler: Execution under Pressure · Implementation · Decisions with Impact On this basis, she developed the CLIMB Framework: an action-oriented system for clarity, responsibility, functioning structures, visible progress, and stable performance—regardless...

### Topics

- Change Management
- Cycling
- Diversity & Inclusion
- Extreme Sports
- Leadership 4.0
- Lifestyle
- Motivation / Strategy
- Work-Life-Balance

### Languages

- English
- German

### Details & contact information

**Phone** 1 (704) 804 1054  
**Email address** [monika.sattler@premium-speakers.com](mailto:monika.sattler@premium-speakers.com)  
**Short link** <https://premium-speakers.com/en/?p=52366>