



Mindset Expert, Cycling Record Holder & Author

Monika Sattler

Monika Sattler is a renowned keynote speaker, mental coach, author and two-time record holder in cycling. Monika specializes in helping individuals and organizations overcome mental boundaries, make bold decisions and achieve sustainable peak performance. With a unique combination of experience in the corporate world and a background in elite sport, Monika Sattler helps people to master uncertainty, implement change and develop resilience. Monika's journey began with a desire to become a secret agent. She studied international security in the USA with a focus on nuclear weapons. After working at the IMF and the World Bank, Monika took the bold step...

Topics

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

Languages

- English
- German

Details & contact information

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