



Expert for personality development - Sports psychologist - Founder of LIFEchanger®

## Birgit Zmrhal

Birgit Zmrhal is a qualified psychologist and sports psychologist in elite sport and has been working successfully as an independent consultant and coach for over 20 years. She is an expert in personality development and best performance. Birgit Zmrhal has been coaching national teams, Olympic athletes and executives for many years. Her clients appreciate the fact that she also has her own professional experience as a civil servant in administration and as head of industrial cooperation at the Fraunhofer Gesellschaft. She is one of the selected trainers and coaches of the Leadership Academy of the German Olympic Sports Confederation. Birgit...

### Topics

- Burnout / Resilience / Mental Health
- Career / Profiling
- Coach
- Extreme Sports
- Healthcare
- Leadership 4.0
- Motivation / Strategy
- Work-Life-Balance

### Languages

- German

### Details & contact information

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