



Multiple world champion in apnoea diving - Expert Resilience, Motivation, Willpower & Risk-Management

## Tom Sietas

Tom Sietas is a multiple world champion in apnoea diving, a sport in which the aim is to relax to the maximum and remain calm even under pressure, using as little oxygen as possible. In his impulse lectures, you will accompany him on an adventure journey and experience first-hand how he was able to overcome his own limits time and again and what insights he was able to gain in the key moments of his career. In a short practical exercise, you will then even experience for yourself how you can effectively deal with pressure situations in order to achieve...

### Topics

- Burnout / Resilience / Mental Health
- Crisis Management
- Extreme Sports
- Lifestyle
- Motivation / Strategy

### Languages

- English
- German

### Details & contact information

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