



Psychologist, Mental Coach, Lecturer, Trainer, Book Author

## Lothar Linz

After his studies at the Ruhr University in Bochum and several years of further training, Lothar Linz first worked as a research assistant at the FernUniversität Hagen and the Ruhr University in Bochum. In 1994 he became self-employed and in 1997 founded SportsGeist, a sports psychology consulting office for top athletes and coaches. Since 2002 he has been a lecturer at the Trainer Academy in Cologne and trains sports psychologists throughout Germany and also in Austria. In addition, he has also been a trainer in systemic constellation work since 2010. Lothar Linz Lecture topics On the way to top performance...

### Topics

- Athletics
- Ball Sports
- Body Language
- Burnout / Resilience / Mental Health
- Change Management
- Coach
- Crisis Management
- Cycling

### Languages

- German

### Details & contact information

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