



Ice hockey coach, qualified sports mental trainer and stress and resilience coach

Christian Wohlwend

Christian Wohlwend is a former ice hockey player who was born in Canada and grew up in Switzerland. After his active ice hockey career, he became a coach. Christian Wohlwend is a volcano, a loud, dynamic and passionate coach. One who challenges his players every day. Again and again. Until they 'perform' in such a way that they succeed. And his style and success prove him right: from Bülach to Lugano and the U20 national team to the "head coach" of HC Davos. At all these stations, he was at the helm for three to four years in each case,...



Topics

- Burnout / Resilience / Mental Health
- Career / Profiling
- Coach
- Crisis Management
- Leadership 4.0
- Motivation / Strategy
- Team Sport

Languages

- English
- German

Details & contact information

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