



Bestselling author, Mentalcoach, Mindfulness trainer for business

## Pirmin Loetscher

Pirmin Loetscher, born in Lucerne in 1978, studied culture management and has worked for many years as an independent culture and event manager for international music and sports projects. In 2002, a prolonged illness led him to autogenic and mental training. After various trainings in this field, he is now also active as a mindfulness trainer as well as a life and business coach and has written several bestsellers on the subject. In 2014, the Lucerne native founded the company LIV – Life Inspired Values GmbH. LIV supports individuals as well as companies to recognize their potential and to develop...

### Topics

- Burnout / Resilience / Mental Health
- Healthcare
- Lifestyle
- Work-Life-Balance

### Languages

- German

### Details & contact information

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