



DAZN co-commentator & football expert, ex-professional footballer

## Sebastian Kneissl

If there is one person who knows about ups and downs, it is the former professional footballer and current commentator, coach, sports mental trainer and lecturer Sebastian Kneissl. Even at a young age in his life, he wrote a fascinating life story. In 2000, he was celebrated as the promising German football hope. Quote SportBild: "The next Lothar Matthäus." His move to Chelsea FC at the tender age of 17 caused quite a stir. There he experienced first-hand the rise from a middle-class club in the posh Chelsea neighbourhood to a glamorous top club and Premier League winner. Sebastian Kneissl...

### Topics

- Ball Sports
- Burnout / Resilience / Mental Health
- Career / Profiling
- Change Management
- Crisis Management
- Leadership 4.0
- Lifestyle
- Motivation / Strategy

### Languages

- English
- German

### Details & contact information

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