



Athletics legend, high jump record holder

## Carlo Thränhardt

Carlo Thränhardt – track and field athlete and high jump legend. Carlo Thränhardt (57) is regarded as one of the most versatile personalities in German top-class sport. He has been teaching companies the recipes for top performance since the 1990s. The world and European record holder has been a sought-after key note speaker and motivational speaker at corporate events, conferences, meetings and seminars for decades. Carlo Thränhardt has been on stage at over 500 events, drawing parallels between competitive sport and day-to-day project, management and sales work in companies. In his book “Helden auf Zeit” (“Temporary Heroes”), he provides insights...

### Topics

- Athletics
- Burnout / Resilience / Mental Health
- Coach
- Leadership 4.0
- Motivation / Strategy
- Society
- Team Sport

### Languages

- English
- German

### Details & contact information

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