



Police officer & extreme athlete in extreme situations, high performance coach

Torsten Kleint

Never give up – Torsten Kleint is Germany's toughest mental coach. He is a police officer and former member of the Special Forces, an IVBV mountain guide, a 5-time black belt holder and martial arts master, one of the top 100 paragliders worldwide, and a member of the BVMID – Bundesvereinigung Mittelstand in Deutschland. He works internationally as a high performance coach for entrepreneurs, leaders and the self-employed. As an implementation coach, he is an advocate of overcoming barriers and an expert in clarity, self-confidence, self-awareness, potential development and mental strength. His experience as a helicopter pilot, extreme paraglider and...

Topics

- Burnout / Resilience / Mental Health
- Change Management
- Coach
- Crisis Management
- Extreme Sports
- Motivation / Strategy
- Team Sport

Languages

- German

Details & contact information

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