Expert for energy & transformation, Olympic champion, former Swiss snowboarder

Tanja Frieden

Former Swiss snowboarder and Olympic champion Tanja Frieden has made a name for herself as an energy and transformation coach following her successful sports career. Since 2008, she has been accompanying performance-orientated people with determination and empathy on their path to transforming blockages, beliefs and resistance into target power in the shortest possible time. As the founder and owner of the Friedensacademy, she passes on her many years of experience in top-level sport to pass on her knowledge of transformation and goal achievement. Tanja Frieden supports high performers (influential networkers) in rediscovering their inner leadership, dealing with fatigue, and unleashing…

Topics

- Burnout / Resilience / Mental Health
- Change Management
- Crisis Management
- Futurist / Think Tank
- Leadership 4.0
- Motivation / Strategy
- Society
- Team Sport

Languages

- English
- French
- German
- Norwegian

Details & contact information

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