



Consultant Profile



- **Ph.D in Sport Psychology** with a focus on Team Research
- Over 20 years of experience **coach, organizational consultant, national coach, and specialist for applied sport psychology** at both national and international levels
- **Author** of more than 55 peer-reviewed articles, book chapters, and contributions on various performance psychology and coaching topics
- **Certified coach and change manager**, currently studying for an **M.A. in Coaching, Mediation, Supervision, and Organizational Development** at Frankfurt University of Applied Sciences
- Training in **Mediation and Conflict Management** at **Harvard Law School**
- **Over 7,500 hours of coaching and consulting** for more than 1,000 individuals in performance-oriented contexts and settings
- **Founder** of the **Virtual Applied Sport Psychology Summit** and the **VirtualSportPsych online community** for international sport psychologists and sport psychology experts
- **Bronze medalist** at the **WOVD World Championships 2007** in Phnom Penh/Cambodia as the national coach of Cambodia's disabled volleyball national team
- **Head of Sport Psychology** at the **Olympic Training Center NRW/Rhine-Ruhr**
- Extensive experience as a **lecturer, trainer, and keynote speaker** in university and adult education, including at the German Sport University Cologne, the European University of Applied Sciences, the University of Würzburg, and the Ministry of Justice of Lower Saxony, with focuses on **leadership competencies, resilience, identity, and conflict resolution**
- **Member** of the **German Association for Supervision and Coaching (DGSv)**, the **Federal Association for Mediation (BM)**, the **Association for Sport Psychology (asp)**, and the **European Federation of Sport Psychology (FEPSAC)**
- Active **long-distance swimmer** in pools and open waters (e.g., Lake Constance crossing 2023)
- **Selected clients:** Barmenia Insurance, Federal Police, Hyundai Motorsport, Rhine-Erft Job Center, Ministry of Justice of Lower Saxony, State Criminal Police Office NRW, Luisen Hospital Aachen, Normfest GmbH, City of Cologne, University Hospital RWTH Aachen, CHIO Aachen Campus, Guatemalan Olympic Committee, Cambodian National Volleyball League – Disabled, International Table Tennis Federation, International Federation of Icelandic Horse Association, Safe Sport International, WorldParaVolley, German Olympic Sports Confederation, German Disabled Sports Association, German Table Tennis Association, German Gymnastics Federation, German Boxing Association, German Olympic Committee for Equestrian Sports, German Golf Association, German Athletics Association, 1. FC Cologne, Orchestra Academy of the WDR Symphony Orchestra