

### Everyone is responsible for his stress

Prof. Dr. Hackfort has already made a name for himself for being a successful sports psychologist as well as the consultant of popular athletes in Formula 1 and in professional football. In his presentations, the accomplished Global Topspeaker passes on the experience he gained in professional sports in view of the fact that the university professor's methods can also be implemented in the working world. Thanks to Prof. Dr. Dieter Hackfort's tips motivation, successfully coping with stress, self-control and decision-making in everyday business life becomes child's play!



Sports psychologist and consultant of famous athletes

Expertise: Performance improvement, mental fitness, handling of stressful situations

Languages: German, English



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