

I help teams fulfill their potential

More than **20 years of experience** from the world of professional sports combined with many years of university studies provided me with an **effective combination of theoretical knowledge and practical skills**. The sports environment was a great „playground“ for me to take many lessons in the field of personal development, leadership and team functioning. Thanks to this combination I can personally guide you today through the expected challenges and help you apply your knowledge into practice.



My work is based on:

- **20 years** of experience from the world of professional sports in the role of a player
- **more than 10 years** of experience in leadership and motivation in the role of captain of many successful teams
- **5 years of experience** in management consulting as consultant and lecturer
- **5 years of experience** in coaching and leading individuals in sports and business environments
- **co-authoring** the book Building Successful Teams (2022)
- **completed studies at 3 universities** (English Language, Sports Management and Business & Leadership)
- **fluent knowledge** of English and Spanish
- **10 years** of experience in the functioning of a family team in the role of husband and father of 3 children
- **20 years** of experience from an environment where constant development and pressure to perform are the daily bread

#mentálnídůlnost

#managementconsulting

#leadership

#changemanagement