

I guide my clients to effectiveness

I have a wide variety of clients and the approach I choose to help them corresponds accordingly. **I lecture, give workshops, coach, mentor, facilitate meetings, lead physical trainings, write books.**

In my work with individuals, teams or organizations, I primarily represent the role of a practitioner. During my nearly twenty-year career, hundreds of clients of various performance levels and ages have passed through my hands. In sports, I managed both children and juniors, as well as world champions and Olympic winners. In the business environment, leading Czech entrepreneurs and multi-national corporations have been using my support for years. My services have one thing in common: They make sense primarily where responsibility to established goals requires things to function.



My work is based on:

- **25 years** of experience from the world of high-performance sports as a tennis player
- **22 years** of experience in the world of professional sports in the role of trainer and coach
- **14 years** of experience in business management in the role of consultant and lecture
- **12 years of experience** in the field of energetic psychology in the role of a kinesiology therapist | One Brain Kinesiology – Three in One Concepts®
- **9 years** of experience in the field of family constellations
- **authorship** of a specialized communication-functional platform for raising effectiveness of professional teams **Master Key – Language of context**® (2022)
- **authorship** of a thematically targeted book Mental resilience | The Key to the Future (2021)
- **co-authorship** of two international methods of mental – dynamic training – **o gumdo mind in motion**® (2013) and **Mental Supremacy**® (2015)
- **5 years** of completed engineering **studies** in Business & Management, VUT in Brno
- **5 years** of professional **life** outside the Czech Republic and fluent knowledge of English and German
- **13 years of experience** in the role of father and husband and above all about **42 years of experience** in the role of a person for whom development and forward movement have become the meaning of life

#mentálniodolnost

#managementconsulting

#leadership

#changemanagement