# Where there is energy, there is also courage. And where courage exists, there is no place for excuses.

My clients have diverse needs, and I tailor my approach accordingly. **I consult, coach, mentor, lecture, give motivational speeches, facilitate meetings, lead trainings, write books...**

I primarily focus on practical results in my work with individuals, teams, and organizations. Over nearly twenty years of my career, I have worked with hundreds of clients of different ages and performance levels. In sports, I have coached both children and juniors, as well as world champions and Olympic winners. In the business sector, leading Czech entrepreneurs and international corporations have been relying on my support.

My services have one thing in common: They are most valuable in situations where both efficiency and mindfulness are required.

## My approach is based on:

- **20 years of experience** in professional sports as a tennis player

- **22 years of experience** in professional sports as a trainer and coach

- **14 years of experience** in the field of executive management as a consultant, coach and lecturer

- **12 years of experience** in the field of energetic psychology as a One Brain Kinesiology – Three in One Concepts® practitioner and family constellations coach

- **co-authorship** of 2 training methods
  o gumdo mind in motion® (2013)
  and Mental Supremacy® (2015)

- **authorship** of a specialized communication – functional leadership platform Master Key Language of Context® (2022)

- **authorship** of the book Mental mastery – The key to the future (2021)

- **5 years of** completed engineering **studies** in Business & Management, VUT in Brno

- **5 years of experience** living abroad and fluent knowledge of English and German

- **13 years of experience** in the role of a husband and father of three

...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.

#mentalmasteryinpractice    #managementconsulting    #leadership    #changemanagement

## VAL!GURA
### Consulting & Management