

# Monika Sattler



Monika Sattler is a sought-after keynote speaker, mental coach, author and two-time record holder in cycling. With her special blend of business experience and high-performance sport, she helps people and companies to overcome mental hurdles, take bold steps and achieve long-term peak performance. Her focus is on mastering uncertainty, actively shaping change and strengthening resilience in a targeted manner. Her personal story is as extraordinary as it is inspiring: Monika originally wanted to become a secret agent and studied international security with a focus on nuclear weapons in the USA. After working at the International Monetary Fund and the World...

## Topics

Adventure & Experiences, Change-Management, Diversity & Inclusion, Leadership & Recruiting, Motivation, Sport, Teamwork & Teambuilding, TED & TEDx

## Languages

English, German

