Stress-Coach & Psychologist

Jacob Drachenberg

Jacob Drachenberg is a psychologist, former professional water polo player, and Germany's leading stress coach. He helps people and companies with high standards navigate stressful times in a healthy way. He speaks publicly about his severe depression, which led him to his vision of "healthy stress management for everyone." He is fascinated by the fact that anyone can learn to cope better with stress. He makes this process simple and easy for his clients. Jacob Drachenberg's Lecture Topic Today, stress is the biggest challenge to performance, health, and effective collaboration. This is exactly where Jacob Drachenberg comes in. In his…

Topics

Change-Management, Health & Nutrition, New Work & New Culture, Resilience & Stress Management, Society, Sport

Languages

English, German

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