



Expert on Work-Life-Balance

Ralph Goldschmidt shows practical solutions for a better quality of life. The sports scientist and economist is a committed advocate for sustainable top performance. He shows that optimising professional performance does not exclude private satisfaction and he shows that top performance and well-being go together just as well as work power and mindfulness.

After studying sports science, economics and international management in Cologne and Milan, Goldschmidt (*1963) worked in management consulting. He then became an self-employed executive coach and trainer, helping numerous executives and specialists as well as teams to further their professional and personal development. In 2005 he founded "Goldschmidt&Friends GmbH", of which he is still the managing partner today.

Ralph Goldschmidt teaches at several universities and academies and leads skills seminars at the University of Cologne and the ZfU International Business School in Switzerland.

The expert for "difficult balancing acts" has excellent references, including most of the DAX 30 companies, well-known medium-sized companies, numerous associations and renowned global players. Ralph Goldschmidt is also a sought-after interview guest in print, radio and TV. His mission: to support as many people as possible in turning their private as well as their professional lives into masterpieces.

Topics (Selection):

- The Art of Living
- New Work, Corona & Me
- Shake your Life!
- Work 4.0
- Looking forward to Change
- Highperformance in Business - How to stay motivated and healthy
- Self Motivation