



**One of the most successful hurdlers
European and World Champion**

Edgar Itt was one of the most successful hurdlers, a medal winner at the Olympic Games as well as in European and World Championships. The high point of his career was winning the bronze medal in the German relay team at the Olympic Games in Seoul in 1988.

After his sports career he completed his studies of economics and business administration and worked in various management positions. Since 2000 Edgar Itt has run very successful seminars, workshops and coaching programs with his own company. As a coach for senior executives and as a motivation trainer he transfers in his seminars and speeches the techniques of top sportsmen and applies them to professional life, and he shows how experience from the fields of high performance sport, personality structure and value systems are applicable to daily life. Successful techniques from top sports such as goal-setting, motivation, responsibility and discipline are presented in a hands-on style.

Edgar Itt reports from his wealth of experience as a sportsman and coach how it is possible to cope with increasing expectations in the professional and private fields and to take the hurdles in his stride.