



Expert on Sport Psychology and Health Psychology

Jan Mayer has been shaping the world of sports psychology in Germany for more than 25 years, making him a pioneer in his discipline. His career is closely linked to TSG 1899 Hoffenheim, where he worked for almost two decades, most recently as the club's managing director and as managing director of the TSG Hoffenheim Academy.

After successfully completing his degree in sports science at the Ruprecht Karls University of Heidelberg, Jan Mayer (*1972) was awarded a PhD in 2001 from the Faculty of Social and Behavioural Sciences at the Ruprecht Karls University of Heidelberg under Prof. Dr Hans Eberspächer. In 2004, he completed his degree in psychology with a diploma.

As a sports psychologist working with elite athletes, he has been involved since 1999 with, amongst others, the Adler Mannheim ice hockey team and the national Nordic combined team. He worked as a sports psychologist at the Rhein-Neckar Olympic Training Centre and was a partner and managing director of the Coaching Competence Cooperation Rhein-Neckar institute for many years. In 2008, he became a sports psychologist at TSG Hoffenheim, where he took over as managing director of the newly founded TSG ResearchLab gGmbH in 2019. In 2021, Jan Mayer joined the club's executive board, where he was responsible for innovation, science and corporate development. Since 2020, he has been managing director and partner of the Institute for Compassion gGmbH in Heidelberg.

Since 2010, Prof. Dr Jan Mayer has held a professorship in sports psychology at the German University for Prevention and Health Management in Saarbrücken, and since 2016 he has been an honorary professor of sports psychology at Saarland University.

For many years, he has been a renowned and visionary sports psychologist and guest speaker. In his informative and engaging talks, he provides insights into scientific findings using examples from elite sport. He demonstrates how tips from everyday sporting life can also be applied in the workplace.

Topics (Selection):

- Make them go! Lessons managers can learn from top athletes
- Mindset is key – mental strategies for everyday life
- Taking an active approach to health
- From the pitch to the office – insights from professional football