



Motivational Coach

Slatco Sterzenbach is the "Ironman" among the speakers. The sports scientist and bestselling author is a seven-time IRONMAN™ finisher and advises athletes and managers in the areas of health, prevention and performance.

After graduating from high school, Slatco Sterzenbach (*1967) first trained as a registered nurse. He then began to study sports and German philology and graduated with a degree in sports science with a focus on prevention and rehabilitation.

During his time at university he not only participated in triathlons, but also several times in the legendary IRONMAN in Hawaii. Because his passion is the interaction of sport, health and mind, he has started his career in the fitness industry. First as a fitness and spinning trainer, then as the first European instructor for the spinning program. Since 2000, he has trained and educated more than 5,000 personal trainers internationally.

Slatco Sterzenbach advises DAX companies such as Allianz, Beiersdorf, Deutsche Telekom, Microsoft and GlaxoSmithKline and trains their employees in terms of success, orientation and health promotion. With his experience as a top athlete and health expert, he motivates his listeners in the long term.