



One of Germany's most successful Para Equestrian Athletes

Regine Mispelkamp is an entrepreneur, one of Germany's most successful para-dressage riders and a multiple Paralympic medallist. Her career is a prime example of how to successfully navigate challenges and change.

Regine Mispelkamp was already in the saddle at the age of three. She turned her passion for equestrian sport into a career at an early age and founded her own training stable at just 22. Even a diagnosis of multiple sclerosis in 2005 could not stop her from pursuing her goals.

In 2018, she decided to take up para-sport and quickly achieved impressive success. At the Paralympic Games in Tokyo 2021 and Paris 2024, she won a total of five medals, including two silver and a bronze in Paris. At the 2025 European Championships in Ermelo, she crowned her sporting career with three gold medals.

In her keynotes, Regine Mispelkamp combines personal experiences from elite sport with practical insights for professional and everyday life. She speaks about dealing constructively with setbacks, a willingness to perform, motivation, mental strength and the art of seeing challenges as opportunities.

Regine Mispelkamp is one of the most inspiring figures in German elite sport and impressively demonstrates how to overcome limitations, develop new perspectives and remain capable of taking action even in difficult situations.