



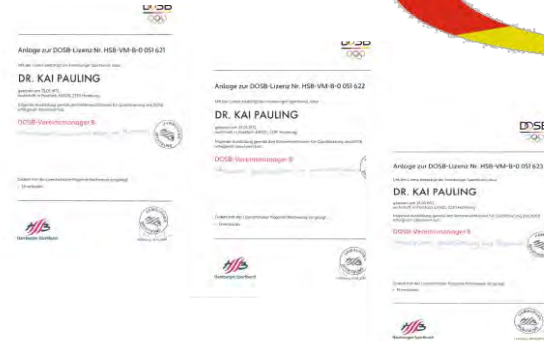
Academic education

- **Diplom in Sport Science (Dipl.- Sportwiss.)**
University of Hamburg, Germany
- **Diplom in Educational Science (Dipl.-Päd.)**
Helmut Schmidt University, Germany
- **Diploma in Tourism and Sport Management (IST)**
IST-Institute Dusseldorf, Germany
- **Minor in Psychology**
- **Human Resource Management**
- **Doctor in Sport Science (Dr. rer. Nat.)**
University of Bielefeld, Germany
 - **approx. 1200 ECTS credits**

Languages: German (native), English (fluently), Chinese (HSK 3), Vietnamese (A1), Swedish (A1)

Sport qualifications, i.a.

- 3x **Club manager licenses B** from the DOSB for
 - Club development and marketing
 - Club leadership and employee development
 - Sports organization & club management
- **Branch management made easy B** LSB-NRW
- 8x **Prevention course trainer** (i.a. Nordic-Walking, Water aerobics, Spine gymnastics, Autogenic training and Progressive muscle relaxation)
- **Sports accident savior, First aid instructor**
- **Fitness master instructor** for Cardio fitness, Aerobics and Gymnastics
- **Fitness instructor B license** with integrated studio leader qualification
- Trainer for **Basketball, Athletics** and **Football youth leader**
- [...]



Sport awards, i.a.

- **German sports badge** 21 times gold (2023)
- **Austrian sports badge** 6 times advanced gold (2023)
- **German track and field badge** 5 times silver & 1 gold (2023)
- **International Strenflex sports badge** 3 times gold
- **Nijmegen marching medal (200km)** 2 times gold and 1 medal of honor
- **DLV (German Athletics Association)**
 - **Power walking patch** 6 times highest level (2023)
 - **Nordic walking patch** 6 times highest level (2023)
 - **Running badge** highest level, marathon
- **Half marathon** (14th place of the M45) (2019)
- **German rescue swimming badge** gold
- [...]



Sport work experience, i.a.

- **Trainer in gyms and sports clubs since 1990**
- **Head coach and personal trainer since 1997**
Personal trainer for VIPs and professional athletes from national up to Olympia
- **Club manager**
- **Business consulting service** for sport clubs/associations
- **Instructor and examiners** in the coach education, i.a.
 - Basic football coach training (lecturer and course management)
 - Head of Training in the personal trainer licence education



German Olympic Sports Federation DOSB

German Sports Badge



DEUTSCHES
SPORTABZEICHEN



Examiner
for more than
25 years!

Business work experience, i.a.

- **District manager / Regional sales manager** (for Germany's largest discount supermarket chains Lidl and Aldi)
- **Chief representative / Head of expansion** (event company)
- **Editor-in-chief** and head of health resort (own weekly health column, about 150,000 readers per issue)
- **CEO** of a Business and sales consulting (i.a. import trade and China business coaching)
- **CEO** of a Personal training company (education and franchise)
- **CEO** of a publishing company (i.a. own health magazine)
- **Professor** for Fitness Management, Business Management and Change Management
- **Advisory Professor** for Sport Management



International guest lecturer, i.a.

- Tsinghua University (THU), Běijīng, China, Division of sports science and physical education **Tsinghua**
- Shanxi University of finance and economics (SXUFE), Tàiyuán, China
- Shandong Agricultural University (SDAU), Tai'an, China

